National Library of Canada
Bibliothèque nationale du Canada

Canadian Theses Service
Service des thèses canadiennes

Ottawa, Canada
K1A 0N4

NOTICE

The quality of this microform is heavily dependent upon the quality of the original thesis submitted for microfilming. Every effort has been made to ensure the highest quality of reproduction possible.

If pages are missing, contact the university which granted the degree.

Some pages may have indistinct print especially if the original pages were typed with a poor typewriter ribbon or if the university sent us an inferior photocopy.

Previously copyrighted materials (journal articles, published tests, etc.) are not filmed.

Reproduction in full or in part of this microform is governed by the Canadian Copyright Act, R.S.C. 1970, c. C-30.

AVIS

La qualité de cette microforme dépend grandement de la qualité de la thèse soumise au microfilmage. Nous avons tout fait pour assurer une qualité supérieure de reproduction.

S'il manque des pages, veuillez communiquer avec l'université qui a conféré le grade.

La qualité d'impression de certaines pages peut laisser à désirer, surtout si les pages originales ont été dactylographiées à l'aide d'un ruban usé ou si l'université nous a fait parvenir une photocopie de qualité inférieure.

Les documents qui font déjà l'objet d'un droit d'auteur (articles de revue, tests publiés, etc.) ne sont pas microfilmés.

La reproduction, même partielle, de cette microforme est soumise à la Loi canadienne sur le droit d'auteur, SRC 1970, c. C-30.

NL-339 (r. 88/04)

Canada

THE UNIVERSITY OF ALBERTA

THE LEISURE MOTIVATIONS, ACTIVITIES, AND SATISFACTIONS OF ALCOHOLICS IN RESIDENTIAL TREATMENT

by

Ⓒ Sharon Dickoff

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH

IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE

OF MASTER OF ARTS

IN

RECREATION

Department of Recreation and Leisure Studies

Edmonton, Alberta

Fall, 1988

Permission has been granted to the National Library of Canada to microfilm this thesis and to lend or sell copies of the film.

The author (copyright owner) has reserved other publication rights, and neither the thesis nor extensive extracts from it may be printed or otherwise reproduced without his/her written permission.

L'autorisation a été accordée à la Bibliothèque nationale du Canada de microfilmer cette thèse et de prêter ou de vendre des exemplaires du film.

L'auteur (titulaire du droit d'auteur) se réserve les autres droits de publication; ni la thèse ni de longs extraits de celle-ci ne doivent être imprimés ou autrement reproduits sans son autorisation écrite.

ISBN 0-315-45835-6

THE UNIVERSITY OF ALBERTA

RELEASE FORM

NAME OF AUTHOR Sharon Dickoff

TITLE OF THESIS THE LEISURE MOTIVATIONS, ACTIVITIES, AND SATISFACTIONS OF ALCOHOLICS IN RESIDENTIAL TREATMENT

DEGREE FOR WHICH THESIS WAS PRESENTED MASTER OF ARTS

YEAR THIS DEGREE GRANTED Fall, 1988

Permission is hereby granted to THE UNIVERSITY OF ALBERTA LIBRARY to reproduce single copies of this thesis and to lend or sell such copies for private, scholarly or scientific research purposes only.

The author reserves other publication rights, and neither the thesis nor extensive extracts from it may be printed or otherwise reproduced without the author's written permission.

(SIGNED) S Dickoff

PERMANENT ADDRESS:

4420 Waller Dr
Richmond B.C.

DATED Aug. 11 1988

THE UNIVERSITY OF ALBERTA

FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a entitled The Leisure Motivations, Activities, and Satisfactions of Alcoholics in Residential Treatment submitted by Sharon Dickoff in partial fulfilment of the requirements for the degree of Masters of Arts in Recreation and Leisure Studies in Recreation and Leisure Studies.

............Thomas L. Burton............

Supervisor

....

....

Date...88.08.05...............

Dedication

To my wonderful parents who not only allowed me to continually ask questions but who also encouraged me to go find my own answers. Thank you for all your love, encouragement, prayers, and support!

Abstract

The research which is the subject of this study was intended to explore the area of the leisure motivations and satisfactions of the alcoholic. Previous findings have indicated that the leisure behavior of the alcoholic is characteristically different -- that it is more passive than that of the general population. It was not until the 1980's, however, that it was possible to examine other domain aspects of leisure with the purpose of understanding the values or the reasons behind the behavior. With the advent of instruments to measure a variety of aspects of leisure, including leisure motivation and satisfaction, a systematic study of the leisure lifestyle was possible. This led to the development of this particular study with its general aim of establishing an understanding of the leisure motivations and satisfactions of the alcoholic.

In order to accomplish this aim a longitudinal survey was conducted at a residential treatment center for alcoholics and drug abusers. The pretreatment data were compared with data collected via surveys with similar or identical leisure scales which were administered to a wider population. Thus, the present researcher was able to determine if the leisure motivations, activities, and satisfactions of the alcoholic did, indeed, differ from those of the general population. There were significant differences at the 99% level of confidence. As expected, the alcoholics experienced a lower level of satisfaction with their leisure activities and, as previously documented, their leisure pattern was characteristically more passive. Many of the reasons for becoming involved in leisure activities were significantly more important to the alcoholic than to others. This was especially true for the items reflecting social motivators and demonstrating competence. Subsequent to treatment, the experienced level of satisfaction was significantly higher, as was the reported degree of importance of many of the reasons for getting involved in leisure activities. Thus, even though the actual behavior pattern was not significantly different subsequent to treatment, the *reasons* for behaving were. Leisure is an important sphere of life for demonstrating competence. Moreover, it is one sphere of life which can be under the control of the individual. When utilized constructively or when leisure activities are actively pursued, the individual may build up some self-confidence, as well as develop a positive sense of self. Understanding the leisure lifestyle of the alcoholic is, therefore, an important step in the development of a more effective treatment program. There seems

to be positive value in enabling the alcoholic to experience a greater sense of leisure.

Acknowledgements

Many thanks go to my thesis Advisor, Dr. Tim Burton, and my Committee Memebers, Dr. Sami Mohsen and Dr. Tom Nelson. You were each in your own way a great source of help. My wonderful editors were Sue Muloin and Brenda Chinn. Special thanks to Greg Ani with whom I originally brain-stormed this *little* project. Cliff Kinzel was very helpful in the developmental stages of the questionnaire while Dr. Seppo Iso-Ahola was helpful in his comments on the questionnaire during the final editions. Thanks also to Chuck Humphries and Chris Prokop who were incredibly helpful with the statistics. My classmates (and especially carrel mates) were a definite source of inspiration--you made my time here very enjoyable.

Table of Contents

Chapter Page

Dedication iv

Abstract v

Acknowledgements vii

I. INTRODUCTION 1

STATEMENT OF THE PROBLEM 1

SIGNIFICANCE OF THE PROBLEM 3

RESEARCH OBJECTIVES 4

DELIMITATIONS 5

LIMITATIONS 8

DEFINITION OF TERMS 10

II. REVIEW OF RELATED LITERATURE 11

A. ADDICTION AND LEISURE 11

B. ALCOHOLISM 12

THE BIOLOGICAL BASIS OF ALCOHOLISM 14

THE PSYCHODYNAMICS OF ALCOHOLISM 14

THE SOCIOCULTURAL ASPECTS OF ALCOHOLISM 17

SEX DIFFERENCES 17

QUALITY OF LIFE 18

C. MOTIVATION AND SATISFACTION 20

MOTIVATION 20

SATISFACTION 25

D. LEISURE 26

PLAY SKILLS 28

LEISURE BEHAVIOR 29

LEISURE MOTIVATION 31

FINDINGS: DIRECTIONS FOR FUTURE RESEARCH 33

LEISURE SATISFACTION 33

LEISURE: A SATISFYING EXPERIENCE 34

A RECAPITULATION ON LEISURE 35

E. LEISURE AND THE ALCOHOLIC 36

LEISURE BEHAVIOR AND THE ALCOHOLIC 36

LEISURE MOTIVATIONS AND SATISFACTIONS OF THE ALCOHOLIC ...37

III. RESEARCH METHODS 39

DATA COLLECTION 39

PILOT STUDY 40

DEMOGRAPHIC PROFILE 40

RESEARCH DESIGN 40

QUESTIONNAIRE 42

IV. RESULTS AND DISCUSSION OF THE RESULTS 43

A. THE BENCHMARK - SET I 43

LEISURE MOTIVATIONS 43

LEISURE ACTIVITIES 46

LEISURE SATISFACTION 48

DISCUSSION OF THE RESULTS 50

B. THE TREATMENT POPULATION - SET II 51

LEISURE MOTIVATION 52

LEISURE ACTIVITIES 55

LEISURE SATISFACTION 55

DISCUSSION OF THE RESULTS 55

C. POPULATION DIFFERENCES - SET III 58

LEISURE MOTIVATION 58

GENDER 58

FAMILY STATUS 59

AGE 64
DISCUSSION OF THE RESULTS 71
LEISURE SATISFACTION 71
GENDER 71
FAMILY STATUS 74
AGE 74
DISCUSSION OF THE RESULTS 74
V. SUMMARY, RECOMMENDATIONS AND CONCLUSIONS 81
A. SUMMARY 81
B. RECOMMENDATIONS 82
METHODOLOGICAL CONSIDERATIONS 82
THE LEISURE PHENOMENON AND ALCOHOLISM 86
THE LEISURE PHENOMENON AND LEISURE 87
C. CONCLUSION 90
SELECTED BIBLIOGRAPHY 92
APPENDIX A 98
APPENDIX B 108
APPENDIX C 161

List of Tables

Table Page

I.1 SELECTED DIMENSIONS OF THE COMPARATIVE SURVEYS 6

III.1 NUMBERS OF QUESTIONNAIRES ADMINISTERED 41

IV.1 ANOVA RESULTS FOR LEISURE MOTIVATION 45

IV.2 A CROSS TABULATION: LEISURE ACTIVITIES BY GROUP LOCATION 47

List of Figures

Figure Page

II.1 Lifestyle Behaviors influenced by Physical Activity 13

II.2 The Pschodynamics of Alcoholism 16

II.3 Social Psychological Determinants of Leisure 32

IV.1 Mean satisfaction scores for Henwood and Vancouver 49

IV.2 Mean leisure motivation scores for factor 1 53

IV.3 Mean leisure motivation scores for factor 2 54

IV.4 Mean leisure satisfaction scores 56

IV.5 Mean leisure motivation scores for males only: factor 1 60

IV.6 Mean leisure motivation scores for males only: factors 2 and 4 61

IV.7 Mean leisure motivation scores for females only: factors 1 and 2 62

IV.8 Mean leisure motivation scores for married with children: factors 1 and 2 63

IV.9 Mean leisure motivation scores - single no chlidren: factor 1 65

IV.10 Mean leisure motivation scores - single no children: factors 2, 3 and 4 66

IV.11 Mean leisure motivation scores - 25 and under: factors 1, 2 and 4 67

IV.12 Mean leisure motivation scores - 26 to 35: factor 1 68

IV.13 Mean leisure motivation scores - 26 to 35: factors 2 and 4 69

IV.14 Mean leisure motivation scores - 36 to 45: factors 1 and 2 70

IV.15 Mean leisure satisfaction scords - men only 72

IV.16 Mean leisure satisfaction scores - women only 73

IV.17 Mean leisure satisfaction scores - married with children 75

IV.18 Mean leisure satisfaction scores - single no children 76

IV.19 Mean leisure satisfaction scores - 25 and under 77

IV.20 Mean leisure satisfaction scores - 26 to 35 78

IV.21 Mean leisure satisfaction scores - 36 to 45 79

Chapter I

INTRODUCTION

STATEMENT OF THE PROBLEM

Leisure can stimulate the enjoyment of life. Moreover, constructive diversions developed during free time can contribute to a positive leisure lifestyle. The assumption is that such a lifestyle does, in fact, help a person deal with the inevitable stresses of life. The recreation therapy program at Henwood, an Alberta Alcohol and Drug Abuse Commission (A.A.D.A.C.) treatment center, aims to help people construct their leisure undertakings in order to get rehabilitated and to derive enjoyment. According to Ani (1987), "people who develop addictions spend most of their time accumulating and compounding problems instead of getting recharged and deriving enjoyment from their leisure undertakings"(p. 2). Moreover, he states that "a significant by-product of having an addiction is the loss of balance in people's lifestyle(s) and a loss of control over their leisure time". Other researchers have noted that the alcoholic generally has passive diversions (Sessoms & Oakley, 1969; Smolensky, Martin, Lorimor & Fortnofer, 1980) Thus, if the leisure behavior of an alcoholic differs from that of the normal population (it is characteristically more passive), then his or her leisure satisfactions and motivations may also differ. There are, in fact, some studies which have examined the differences and similarities between alcoholics' and non-alcoholics' leisure behavior. These studies are examined later in a review of the literature. The research which is the subject of this study is intended to accomplish exploratory work in the study of leisure motivation and satisfaction and alcoholism. Firstly, it is a descriptive work which compares selected general populations with an Albertan population of alcoholics on similar measures of leisure motivation, activities and satisfaction. Secondly, the alcoholic population is examined in terms of pretreatment and post-treatment differences in leisure motivation and satisfaction. Leisure activities are measured at pretreatment and at the follow-up program which follows a three month time lag. Such a time lag should allow for the expression of behavior change, if changes in behavior patterns do, indeed, occur. Finally, within population differences are examined by comparing the mean scores of the pretreatment and post-treatment motivation and satisfaction items by gender, age, and family status.

The general lack of literature dealing with the leisure motivations and satisfactions of the alcoholic contributes to the lack of understanding concerning how (or if) leisure motivations or satisfactions (or both) contribute to either the extent or type of involvement that an alcoholic may enjoy in his or her leisure activities. Ragheb (1986) contends that satisfaction is a prime condition of leisure. In other words, when the state of satisfaction ends or deteriorates, the individual tends to discontinue the corresponding activity. People, therefore, are more apt to engage in activities that have a high degree of social worth and that allow for a high degree of experienced competence. If alcoholics do not engage in active leisure pursuits, perhaps this is because they do not derive a great deal of satisfaction from those kinds of activities. On the one hand, active leisure pursuits may not be held as having a high degree of social worth by the people with whom the alcoholic clients spend their time. On the other hand, alcoholics may not engage in active leisure pursuits because such activities may not allow the alcoholic to express competence.

Regardless of the reason for the characteristically more passive leisure lifestyle of the alcoholic, there exists the assumption that 'motivating' a person to involve himself or herself in active leisure pursuits is, indeed, desirable. Active leisure pursuits allow for the expression of competence which, in turn, builds confidence and self esteem. Lack of competence and esteem within the alcoholic are, however, what seemingly prevent involvement in active leisure pursuits. How, then, does one persuade an alcoholic to develop a more active leisure lifestyle? At present, recreation therapists working in the field of addictions introduce recreation as an important component of a balanced lifestyle and as a contributor to life satisfaction. Understanding the leisure motivations and satisfactions of the alcoholic may, however, increase the recreation therapist's ability to understand why the alcoholic's leisure lifestyle is more passive. Moreover, such an understanding may provide at least the beginnings of an elementary theoretical framework upon which service delivery may be based. At present, intuition and supposition are the basis of service delivery. This study will not provide a comprehensive understanding of the leisure behavior of the alcoholic, but perhaps it will encourage more rigorous study of the alcoholic's leisure lifestyle.

SIGNIFICANCE OF THE PROBLEM

Leisure research has come to a greater maturity with the advent of instruments constructed expressly for the purpose of measuring dimensions of the leisure experience. Alberta Recreation and Parks explored some of these dimensions in the 1981 Public Opinion Survey On Recreation (Alberta Recreation and Parks, Recreation Development Division, Planning Support Branch, 1982). The 1984 Public Opinion Survey On Recreation (Alberta Recreation and Parks, Recreation Development Division, Planning Support Branch, 1985) again made it possible to gain insight into the leisure behavior and values of the general population of Alberta. A systematic exploration of alcoholics' and drug abusers' leisure lifestyles, however, has not yet been accomplished (Berg & Neulinger, 1976). This study proposes to begin such an exploration. Ragheb (1986) found that leisure motivation has the greatest impact on the contribution that leisure activity has on an individual's sense of well-being. Since leisure motivation seems to be a key indicator of well-being, an examination of the alcoholic's leisure motivation seems to be a logical place to begin this systematic exploration.

The purpose of the present study is to examine the leisure motivations, activities and satisfactions of the study population in comparison with selected general populations as well as within population differences at various points in time (pretreatment, post-treatment and follow-up). This particular approach is essentially the behavioral approach as outlined by Jackson (1987). The behavioral approach is grounded in the disciplines of both sociology and psychology. Essentially, it is based on the belief that recreational behavior is relatively freely chosen, though not entirely unconstrained. What people do in their leisure is examined, but the focus is on why people participate in the activities they choose as well as on the variations in satisfaction both within and between the activities undertaken. In other words, the factors that influence satisfaction are examined. Basically, recreation behavior is perceived as individual choice which is influenced by perceptions, imperfect knowledge of opportunity and appropriateness of recreation activities, past experience, and expectations. Recreation behavior is a decision-making process. If alcoholics' leisure behavior is characteristically more passive than the general population's behavior, then perhaps the reason for this aberration lies in the differing types or levels of motivations, attitudes, and values of the alcoholic.

RESEARCH OBJECTIVES

As previously mentioned, the purpose of the study is to examine the leisure motivation, activities and satisfactions of known alcoholics. In order to best accomplish this task, three sets of propositions were established. The first three propositions seek to establish a basic understanding of the differences between the general and the study population. The propositions chosen for testing reflect the availability of comparable items found in recent studies undertaken in Vancouver and Alberta as well as the present study. Where only the Vancouver study population and the Henwood study population are compared no comparable items from the Alberta survey were in existence. The balance of the propositions, therefore, only compare the data from the Vancouver and the Henwood surveys.

1. There will be significant differences between the general population of Alberta, the study population in Vancouver and the study population of Henwood in motivational factors determining the types of leisure activities undertaken.
2. There will be significant differences between the study population in Vancouver and the study population of Henwood in the types of leisure activities in which the two populations have and have not been engaged.
3. There will be significant differences between the study population in Vancouver and the study population of Henwood in the levels of leisure satisfactions derived from the leisure activities undertaken.

In order to gain an understanding of how (or if) the treatment manipulations do, in fact, have an effect on the leisure motivations, activities and satisfactions of the study population of Henwood, the second set of propositions was established:

1. There will be significant differences in the motivational factors for the pretreatment and post-treatment components of the study population.
2. There will be significant differences in the types of activities in which the pretreatment and follow-up components of the study population have and have not participated.
3. There will be significant differences in the level of satisfactions derived from the leisure activities pursued for the pretreatment and post-treatment components of the study

population.

(For a clearer understanding of the treatment manipulations used, see Appendix A for the Henwood Recreation Therapy Program Description.)

The final set of propositions examines leisure motivation and satisfaction within the treatment population at both pretreatment and post-treatment on the basis of a few demographic variables. These propositions are as follows:

1. There will be significant differences within the study population in motivational factors between the pretreatment and post-treatment components of the study population according to gender, family status and age.
2. There will be significant differences within the study population in the leisure satisfactions derived from leisure activities between the pretreatment and post-treatment components of the study population according to gender, family status and age.

DELIMITATIONS

The following delimitations to the study were made to ensure that the thesis remained within operational constraints related to the available time, funding, and expertise of the researcher. The first delimitation is that the study only examines addicted persons entering and completing treatment between March 10, 1986 and September 27, 1986. The findings of the study may only be applicable to the segment of the addicted population in Alberta that seeks and completes treatment at Henwood and may only be tentatively generalized to the addicted population as a whole.

The second delimitation of the study is that the control groups were less than ideal. Random assignment of subjects to experimental and control groups was not possible. Thus, studies with comparable questionnaire items were used as the control group. A study involving a representative sample of the province of Alberta (Alberta parks and Recreation, 1985). and a study utilizing a selected group of persons in Vancouver (Burton, 1984, unpublished) were used as a control. For a comparison of the basic differences between the three studies see table I-3. The leisure satisfaction scale in the present study is comprised of a sub-set of the same items in the Vancouver study. The

Table I.1 SELECTED DIMENSIONS OF THE COMPARATIVE SURVEYS

	VANCOUVER	ALBERTA	HENWOOD
1. date of survey	1984	1984	1985
2. size of respondent population	243	2,924	652
3. survey type	paper and pencil self-completed survey	paper and pencil self-completed survey	paper and pencil self-completed survey
4. survey format	respondent completed	head of household completed	respondent completed
5. survey (items):			
motivation	59 (10)	18 (17)	18
activities	43 (21)	71(0)	44
satisfaction	50 (10)	0(0)	10

note: the numbers that are enclosed in brackets indicate the number of items in the study that were similar to the items used in the Henwood study.

data from the Vancouver survey may, however, introduce differences due to regional rather than population differences. The Alberta study is a more rigorous control. A subset of the leisure motivation items from the Alberta study was used in the Henwood study. The only problem is that the two research projects were not conducted with the same intentions in mind. Hence, the introduction of possible errors due to the differences. The Alberta study asked the head of the household to answer for himself or herself as well as for the rest of the family with regard to leisure activities. Thus, these items were not used as comparison items. Henwood was, therefore, only compared to the Vancouver sample when the differences between levels of leisure activity were measured. The significant differences may be a measure of regional differences rather than a difference between alcoholics and the wider population.

The adjustments made to deal with the special problems that arise when random assignment of the subjects is not possible were all a-priori. The ad hoc tests conducted will be discussed later as they were explored principally with a view to future directions for research. In order to counteract the limitations introduced due to the unorthodox design of the study, only items from one or both of the control questionnaires that were identical or very similar to items in the Henwood study were selected for comparison. Even so, the comparisons that were made between the study population and the selected general populations may be limited by the differences in the population parameters set for the various studies. The intent in comparing the two groups with the study group was to determine if the characteristics of the groups were different. Thus, it was not neccesary to control for possible group differences when using a non-equivalent control group in this particular case.

The final delimitation is that the data were collected by self-completed questionnaire. This particular method of data collection can identify correlations and possible cause-and-effect relationships, but it does not allow the researcher to follow-up leads obtained through immediate feedback as does an interview. Self-completed questionnaire research or quantitative research can supply fairly clear results, while an interview or rather a qualitative approach could provide more in-depth and detailed data and, hence, more complete answers to the research questions posed. These two different approaches provide very different frameworks which allow for different kinds of questions to be asked. In basic terms, however, survey research is the tabulation of reported behavior which could very well differ from observed or inferred behavior. The divergence between these three types of behavior is likey to be more pronounced in the alcoholic population than it is in the general population. Thus, the construction of the ideal study design for understanding the alcoholic's behavior should include tools that are designed to measure reported, observed, and inferred behavior. Since most studies are either qualitative or quantitative there will always be inherent delimitiations in any study due to the fact that each approach has its own particular weaknesses as well as strengths. Thus, not much can be done in terms of dealing with this particular delimitiation within the bounds of this study save for the recommendation that future researchers would carefully consider their research questions and then choose the approach which is best suited to answering the particular questions posed.

LIMITATIONS

The limitations of the study include factors that arise from the questionnaire, the respondents, the treatment environment, and the fact that comparison studies were chosen after the study was conducted. The first limitation arises from the study questionnaire. The original data were collected for other purposes and not solely for the purposes of the present study. Only a portion of the original data are, therefore, analyzed in the present study. The present study is, therefore, a form of secondary analysis. Important factors to be noted, however, include the following:

1. the original purpose of the study population data collection and the purpose of this study are similar;
2. the researcher utilizing the data for this particular study designed the original questionnaire and collected the study population data; and
3. the study population data were collected with the general intention of using the data for a thesis at some future point in time.

The second limitation comes from the respondents. The general assumption concerning survey respondents is that the clients responded to all questions posed to them truthfully and seriously. In order to ensure that the respondents completed the survey with the greatest degree of truthfulness possible, confidentiality was assured. Moreover, the importance of diligent completion of the questionnire for the betterment of the treatment program was stressed. This measure hopefully encouraged serious completion of the questionnaires. The study is, however, still limited by the degree of truthfulness and seriousness with which the participants did complete the questionnaires.

Thirdly, the study is limited by the effectiveness of the treatment manipulations. The second part of the study is largely a one-group pretest-posttest design. The assumption is that the pretreatment and post-treatment differences in the results were due to treatment manipulations rather than other factors such as maturation, history, testing, intrumentation, or interaction of selection and other factors.

The fourth limitation involves the application of the definitions of "passive" and "active" leisure activities (see below). The questionnaire survey method does not provide for a measure of how actively engaged the respondents are in their leisure pursuits. The assumption that certain activities allow for active involvement while certain others allow for only passive involvement is precarious. Television watching may, at times, be an engaging leisure pursuit, while volleyball may only passively engage the participant. The results from this study concerning the classification of some people as being characteristically more passive than others may, therefore, be considered as tentative-though, when taken with the findings of previous research, there is a strong presumption that certain activities, such as watching television, are characteristically passive.

Finally, the necessity of providing a quasi-control group through utilizing comparison data collected at different times for different purposes poses a number of problems. The differences found between the control groups and the study population may well be due to such factors as regional or seasonal differences or some other unknown factor rather than because the study population is alcoholic and the majority of the control groups' members are, supposedly, not. The assumption is that the control groups are not largely comprised of alcoholics nor are the differences found due to regional or seasonal differences.

DEFINITION OF TERMS

1. Leisure Experience is defined as an experience for which engagement is associated with a high degree of perceived freedom, intrinsic motivation and low relationship to work. It is a type of human experience that finds its source in intrinsically (or self) rewarding voluntary engagements (mental or physical) during non-obligated time (Driver & Tocher, 1975).
2. Leisure Motivation is concerned with the needs which leisure meets. Leisure behavior is need related and may be motivated at a variety of levels of causality.
3. Leisure Satisfaction is defined as "positive perceptions or feelings which a person forms, elicits or gains as a result of engaging in leisure activities and choices" (Ragheb & Beard, 1980 p. 22).
4. The Self-presenting Client is the client receiving treatment for his or her own substance abuse problem.
5. Active Leisure Pursuits are those activities that mentally, physically, spiritually, and/or emotionally direct the participant in such a way that the engagement demands internal control.
6. Passive Leisure Activities are those activities which serve to entertain or amuse the watcher but which do not directly engage him or her as a participant.

Chapter II

REVIEW OF RELATED LITERATURE

A. ADDICTION AND LEISURE

Addiction results from heavy intoxicant use. Alcoholism can never develop in the absence of alcohol, whereas the presence of alcohol and its use does not neccessarily lead to alcoholism. The disease (as some call it) or the problem (as others see it) is not very well understood. It can be noted, however, that intoxicant use often begins during discretionary or non-obligated time.

No doubt, many people convene in pubs, bars and other drinking establishments to meet with friends, to socialize and to drink. In North American society, 'going out drinking' is an acceptable leisure activity. Controlled social drinking is generally not a problem. Alcohol consumption does, however, become a problem when the ability to drink according to intention is lost, or if the use of alcohol becomes destructive to one's health or one's vocational or social relationships. Whenever the relationship between alcohol and the drinker is deemed destructive or compulsive, or when drinking is no longer a freely chosen leisure activity, then alcoholism may be suspected. In such a case, the use of alcohol is prompted by physiological or psychological dependence, or both. Recently, the American Psychiatric Association (1987) agreed upon three basic criteria to define and diagnose alcoholism:

1. physiological symptoms such as hand tremors and blackouts;
2. physiological difficulties which include an obsessive desire to drink; and
3. behavioral problems that disrupt social or work life. (p. 35)

McKechnie (1975) writes that "problems such as drug addiction, alcoholism, juvenile delinquency and the diffuse feelings of aimlessness that afflict many people at one time or another are social evils because they involve wasted time and consequently wasted lives" (p. 5). Moreover, he states that "these afflictions are manifestations of mismanaged leisure ... of unrealized opportunities for the personal enjoyment, enhancement of health and increased self-confidence and self-understanding that satisfying leisure can provide" (p. 5). In essence, he says that people need to be taught how to manage their leisure properly in order to increase and enhance enjoyment, health and self-confidence. This seemingly simple statement raises a number of questions. What *is* satisfying leisure? Does drinking always represent mismanaged leisure? What is meant by alcoholism - or indeed by leisure? What is satisfaction and how does this concept relate to leisure or to addiction? McKechnie's statement seems to raise more questions than it answers. Answers can, however, be sought systematically. First, the most recent theories of addiction as well as the concepts of satisfaction and motivation will be reviewed. This information will serve as a base against which the concept of leisure may be set. Next, a review of the leisure motivations and satisfactions of the general population will be undertaken. In this light, the leisure motivations and satisfactions of the alcoholic may be better understood. Hopefully, this review of the literature will lead to basic knowledge and understanding of current and past research in the area of leisure as well as the relationship between leisure and alcoholism. Such an understanding will assist in the interpretation of the results of the present study.

B. ALCOHOLISM

Alcoholism is a progressive and chronic disease which, when left untreated, inevitably leads to death. Before causing the drinker's death, however, alcoholism may be the cause of innumerable driving fatalities. Suicides, rapes, burglaries and assaults are also related to heavy drinking bouts. Alcoholism negatively affects the drinker while the drinker may emotionally or physically scar or injure untold others: "'Take the deaths from every other abused drug,' says Loran Archer, deputy director of the National Institute of Alcohol Abuse and Alcoholism (NIAAA) in Washington, 'Add them together, and they still don't equal the deaths or the costs to society of alcohol alone'"(Desmond, 1987, p. 27). A high proportion of motor vehicle accidents, suicides, cases of cirrhosis of the liver and mental disorders have been traced back to alcohol and drug abuse (see Figure 1). The costs of alcoholism are undoubtedly grave. Its causes, however, are ambiguous.

The clinical and etiological aspects of alcoholism have been debated and researched in great depth at many levels from many different scientific and sociological perspectives. Collective results

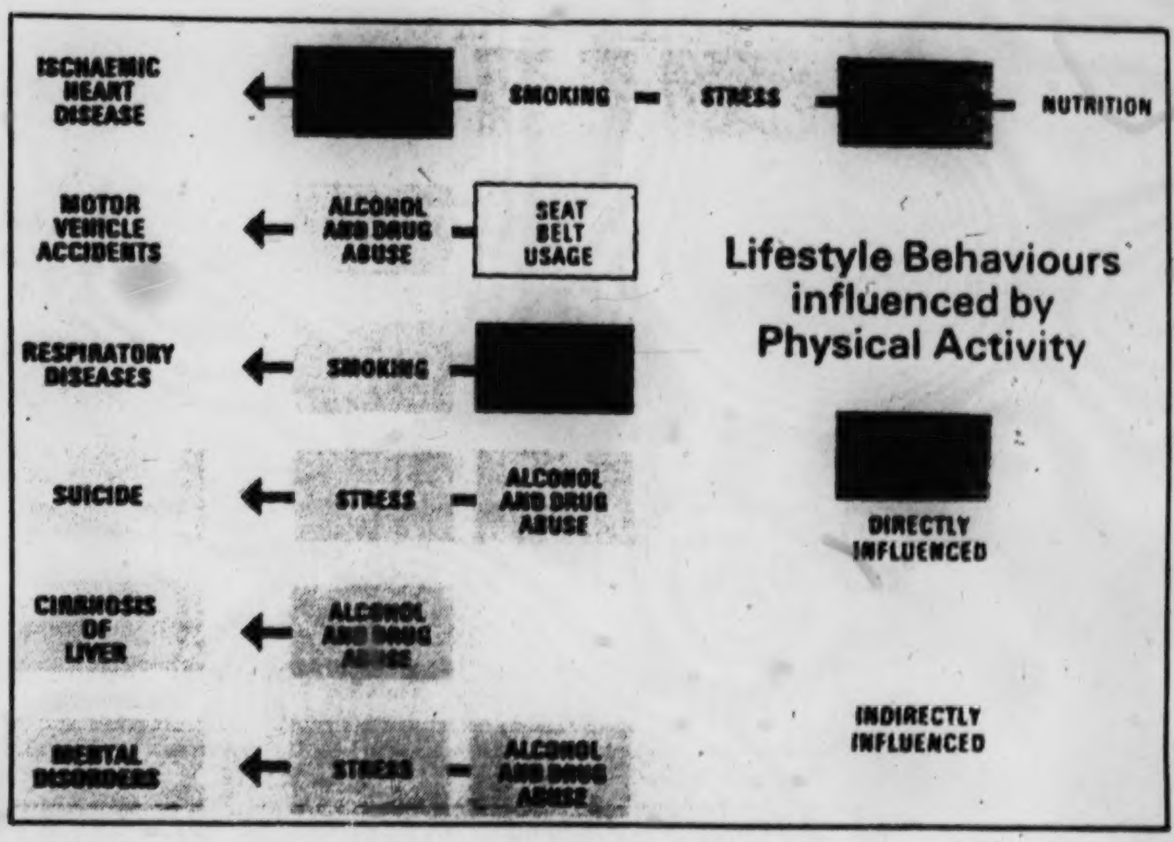

ISCHAEMIC HEART DISEASE
SMOKING
STRESS
NUTRITION
MOTOR VEHICLE ACCIDENTS
ALCOHOL AND DRUG ABUSE
SEAT BELT USAGE
Lifestyle Behaviours influenced by Physical Activity
RESPIRATORY DISEASES
SMOKING
SUICIDE
STRESS
ALCOHOL AND DRUG ABUSE
DIRECTLY INFLUENCED
CIRRHOSIS OF LIVER
ALCOHOL AND DRUG ABUSE
INDIRECTLY INFLUENCED
MENTAL DISORDERS
STRESS
ALCOHOL AND DRUG ABUSE

Figure II.1 Lifestyle Behaviors influenced by Physical Activity

are as yet inconclusive with the exception of a substantial body of research which indicates that alcoholic personalities are strikingly heterogeneous (Armstrong, 1958; Knott, 1971; Morgan, 1970; Stein, 1971). No one seems to really understand how hereditary and environmental factors combine to create an alcoholic. A greater understanding, however, may be gained through a review of three of the major thrusts in the literature on alcoholism. These three perspectives may be found in the disciplines of biology, psychology and sociology.

THE BIOLOGICAL BASIS OF ALCOHOLISM

Alcoholism was recognized as a disease 22 years ago. Prior to that point, in the early 1970's, work was begun to try and determine alcoholism's genetic underpinnings. There is a large number of studies delving into the underlying physiological or pharmacological control of alcoholism. Discoveries made by Steven Paul, chief of the clinical neuroscience branch of the National Institute of Mental Health, are included in this review of the literature as an example of recent physiological studies. His work is cited in the November, 1987 issue of *Time* magazine. In concert with the basic thrust of the biological branch of alcoholism research, Paul is studying "how ethanol affects certain cells in the brain to induce sedative effects" (p. 68). His study looks at a group of receptor-sites on the membranes of cells; they link with a molecule called gamma-aminobutyric acid (GABA), a neuro transmitter that moves across the synapses between neurons. GABA homes in on a complex known as the gaba-bezodiazepine receptor. If there are a sufficient number of GABA molecules present in a certain area of the brain, anxiety diminishes. "Tranquilizers such as Valium and Librium work by attaching themselves to the receptor and increasing GABA's effectiveness. Paul believes ethanol also reduces anxiety by acting on those GABA sensitive neurons" (Desmond, 1987, p.68). Physiologically speaking, then, alcohol seems to tranquilize anxiety.

THE PSYCHODYNAMICS OF ALCOHOLISM

Mello (1967) contends that, although alcoholics share a pharmacologically-based tolerance for and a dependence upon alcohol, there is no constellation of personality or psychodynamic variables common to alcoholic individuals. Although there is no single alcoholic personality type, alcoholics do seem to share a belief in their own intrinsic worthlessness and helplessness (Jellinek, 1960; McClelland, 1972). Moreover, they exhibit infantile and dependent characteristics such as narcissism, demanding behavior, passivity, and dependence (Zimberg, Wallace & Blume, 1985). It is not surprising, therefore, to note that the alcoholic is concerned that his or her life is externally directed, with the sources of control and evaluation fixed in others (McClelland, 1972). Feeney and Silverman (1981) note that the alcoholic appears to be seeking approval, recognition and support from significant others such as a parent, spouse, or other authority figure. In this way, he or she may live up to expectations and, in turn, receive a sense of power and worth from these others. Zimberg (1985) notes, however, that the dependency needs of many of the alcoholics he has treated have been profoundly repressed with little evidence of passivity or dependency traits when sober. While sober, the alcoholic often evidences obsessive-compulsive personality traits; alcoholics are often perfectionistic, needing a great deal of structure or control over their lives. Thus, a core conflict is evident. Zimberg (1985) explains the psychodynamic constellation in a lengthy but effective passage as follows:

> The conflict consists of a lack of self-esteem along with feelings of worthlessness and inadequacy. These feelings are denied and repressed and lead to unconscious needs to be taken care of and accepted (dependent needs). Since these dependent needs cannot be met in reality, they lead to anxiety and compensatory needs for control, power and achievement. Alcohol tranquilizes the anxiety and, more importantly, creates pharmacologically induced feelings of power, omnipotence and invulnerability. When the alcoholic wakes up after a drinking episode, he experiences guilt and despair because he has not achieved anything more than before he drank and his problems still remain. Thus, his feelings of worthlessness are intensified and the conflict continues in a vicious circle that often has a progressive downward spiral. (p. 5)

For a figurative depiction of this conflict see Figure 2.

Alcohol provides what is needed and lacking in reality. For men, it is often the need for a feeling state of power and control (McClelland, Davis, Kalin and Wanner, 1972; McCord & McCord, 1960). For women, the need is often for an enhanced feeling state of femininity (Wilsnack, 1976). The fact that alcohol only temporarily changes the feeling state of the individual seems to be a contributing factor in the alcoholic's decreasing sense of personal competence, personal effectiveness, and sense of self-worth.

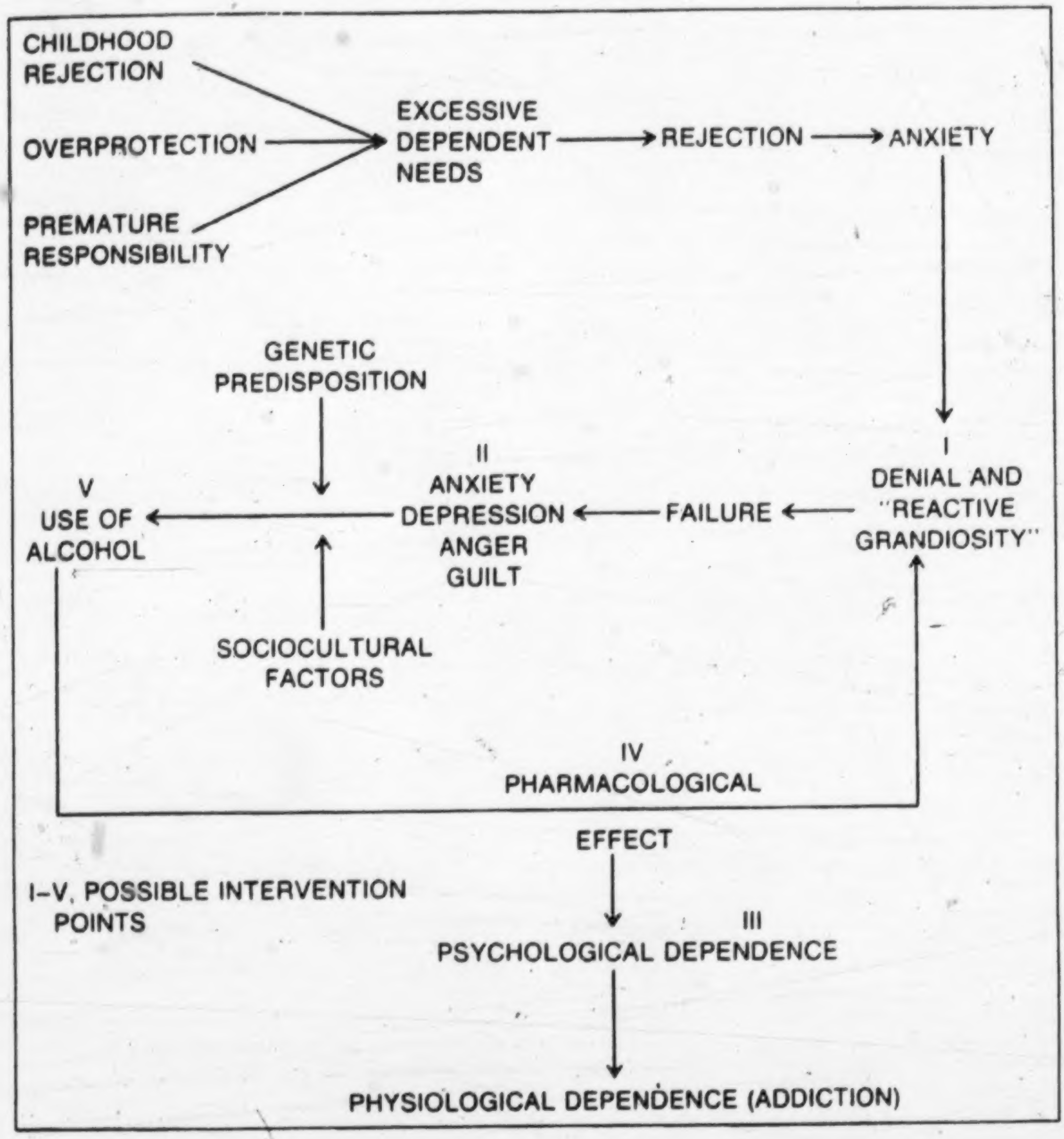

CHILDHOOD REJECTION
OVERPROTECTION
PREMATURE RESPONSIBILITY
EXCESSIVE DEPENDENT NEEDS
REJECTION
ANXIETY
I
DENIAL AND "REACTIVE GRANDIOSITY"
FAILURE
II
ANXIETY DEPRESSION ANGER GUILT
GENETIC PREDISPOSITION
SOCIOCULTURAL FACTORS
V
USE OF ALCOHOL
IV
PHARMACOLOGICAL
EFFECT
III
PSYCHOLOGICAL DEPENDENCE
PHYSIOLOGICAL DEPENDENCE (ADDICTION)
I–V, POSSIBLE INTERVENTION POINTS

Figure II.2 The Psychodynamics of Alcoholism

THE SOCIOCULTURAL ASPECTS OF ALCOHOLISM

An individual with the previously described conflict will become an alcoholic if there is a genetic predisposition to alcoholism (familial alcoholism) (Goodwin, 1981; Zimberg, 1985) and if he or she "lives in a society in which alcohol is sanctioned as a way to feel better or in which there is considerable ambivalence regarding the use of alcohol" (Zimberg, 1985, p. 7). Jellinek (1960) suggests that, since frequent consumption of large amounts of alcohol is a prerequisite to addiction, those most liable to heavy consumption, such as members of cultural groups which accept high alcohol intake, would be at a greater risk of developing problems.

Populations at high risk of developing alcohol-related problems include middle-aged males, adolescents, migrant workers and certain occupational groups (such as business executives, members of the professions, publicans, and seamen) (WHO Expert Committee, 1980). Hawkes (1980) identified the following groups as particularly vulnerable: The emergent professional and managerial workers, young adults, and women. A disproportionate number of problem drinkers are likely to be found in these groups as a function of either vulnerability or exposure.

SEX DIFFERENCES

Even though women are said to be more vulnerable, the incidence of alcoholism is higher among men than among women (Gomberg, 1981). This is explained by the fact that women are less often exposed to alcoholic beverages to the degree necessary to develop alcoholism. That is, regular heavy drinking is uncommon for women under most circumstances. Thus, they are seldom at risk for developing alcoholism. However, those who do drink heavily are at about the same risk of becoming alcoholic as do men who drink excessively (Robins et al., 1962).

Other differences between men and women include age of onset of their first alcohol problems. The mean age of onset of heavy drinking is higher for women than it is for men (32 years versus 27 years). This finding is consistent in the literature (Lisansky, 1957; Rathod & Thomson, 1971; Wall, 1937; Winokur & Clayton, 1968). In addition, the onset of heavy drinking and alcohol problems is more often preceded by nonalcoholic psychiatric disturbance and treatment in a woman's case. This is particularly true with regard to depression. Moreover, alcohol abuse by women is preceded approximately twice as often by specific social environmental pressures such as divorce, broken engagements, or a death in the family than it is for men. (Christiansen, 1974; Lisansky, 1957; Rathod & Thomson, 1971; Wall, 1937; Winokur & Clayton, 1968). Even though the onset of drinking is later in women, once they have started drinking heavily, women are said to lose control of their drinking more quickly (Lisansky, 1957; Wall, 1937). Thus, the age at which they present themselves for help for their alcoholism is roughly the same as for men. Simply put, women develop alcoholism much more quickly than men once they start drinking heavily (that is, they are more vulnerable).

QUALITY OF LIFE

For both men and women, the subjective experience of quality of life seems to affect intoxicant use. Low (1976) states:

> Quality of life is a very significant factor in shaping patterns of intoxicant use. In very general terms, when the quality of life is low, levels of intoxicant use are high and when the quality of life is high, levels of intoxicant use are moderate or low. This is only natural. Intoxicants are tools for improving the quality of experience. People use them most when they need them most.(p. 33)

Alcohol is a psychotrophic or mood-modifying drug. When quality of life decreases or problems are encountered, alcohol, like other psychotrophic drugs, is easy to use in order to reduce the symptoms of the problem. Psychotrophic drugs like alcohol do not help resolve the underlying problem. Behavioral change aimed at the resolution of difficulties is not encouraged. Adaptation to them is (Fidell, 1981). More specifically, Low (1977a) states:

> High levels of intoxicant use are found in situations where either the environment is not readily conducive to high quality experience or individuals are not adequately equipped to create high quality experience, that is, they have inadequate living skills for the situation. (p. 16)

It is suggested that alcohol and other psychotrophic drugs are often used to make up for a lack of skill, ability, or even willingness to change an inadequate situation.

This explanation is helpful but rather simplistic. Alcoholism is a complex phenomenon which develops as a result of interwoven genetic, biochemical, psychological, and social factors, as well as a consequence of both individual vulnerability, situational circumstances, and stresses. Nevertheless, the abuse of psychotrophic drugs such as alcohol, prescription or street drugs, does seem to indicate a need for the external control of internal feeling states. This need for external control seems to be compelling. Both Johnson (1973) and Wallace (1979) assert that the individual's relationship with alcohol is compelling because it is confusing. Johnson indicates that using alcohol as a means to control internal feeling states initially functions to cause a shift in self experience. The new drinker is on to good thing! The fact that he or she can make himself or herself feel better by 'knocking back a couple of scotch' is a real discovery. In due time it is known that if one is in a bad mood, a drink can put the drinker on the road which will initially leave the unwanted feelings behind (Johnson, 1973). Over time, however, the drinker needs to drink more to achieve the same self-correction. At the same time, subtle changes in self and the environment exact a greater price for the drinking. Increasingly, the effects of drinking become negative but not consistently so. An "epistemological quandary" is experienced. In other words, the drinker does not know what or how to feel; his or her perceptions, feelings and cognition have been subtly changing (Wallace, 1977). Thus, even though the individual uses alcohol to achieve an experience of himself or herself that is more appealing, or one that 'feels' more correct or comfortable than the feeling of being in a sober state, the result is quite different than the original intention. Only initially, when the subjective perception of quality of experience is low, does drinking and/or the use of other psychotrophic or mood altering drugs seem to improve the situation. In the end, "excessive drinking or alcoholism does damage to the healthy integration and functioning of an individual within the larger environment at all levels" (Bepco, 1985, p. 6). The original intention of achieving a more desirable self-experience cannot be achieved through the use of alcohol. The drinker's social, psychological, physical and spiritual health are damaged by the compulsive use of alcohol. When alcohol is used as a means to an end that cannot be achieved by the means, neither the dysfunctional results nor the "epistemological quandary" (Johnson, 1973, p. 127) are surprising.

C. MOTIVATION AND SATISFACTION

The notion of quality of life is closely related to the concepts of satisfaction and motivation. Satisfaction may be understood in terms of needs that are met. Motivation, on the other hand, is a concept which is difficult to grasp at one level, while being very simple at another. Some psychologists believe that all behavior is motivated, while others believe that only need-related or goal-oriented behavior is. If all behavior is motivated, then we do everything for a reason. The difficulty here is identifying all the reasons.

MOTIVATION

Needs are not only central to the concept of satisfaction, they are an integral part of the notion of motivation. When a person's needs are met, at whatever level, he or whe is said to be satisfied. It is the need, however, that initiates action. Thus, when reviewing the concept of motivation, the term 'need' must also be examined.

There is a diversity of opinions concerning the nature of motivation: "Psychologists do not agree upon the basic concepts, and there is little indication that they are approaching agreement" (Young, 1961, p. 14). Some psychologists believe that all behavior is motivated. That is, it is aroused, sustained, and directed towards the attainment of some goal. Others believe that only behavior that is need-related should be included in the conceptualization of motivated behavior. Needs, in the context of this study, are defined as "an individual's preference for particular conditions or outcomes" (Pinto & Davis, 1974, p. 339). The concept of need fulfillment is reviewed through a presentation of the competence-mastery theory as proposed by White (1959), Berlyne (1970), and Ellis (1973).

COMPETENCE - MASTERY

In a provocative paper, White (1959) suggests that humans and animals have a basic need to deal effectively with their environment - to master and control things around them. Subsequently, other researchers (Csikszentmihaly, 1975; Seligman, 1975) have postulated that leisure behavior fulfills the need for competence. White has argued that great rewards in such behavior lie in the intrinsic satisfaction of acting competently. This kind of intrinsic motivation, many now believe, explains much of human behavior (de Charms, 1968; Deci, 1975). In fact, London, Crandall and Fitzgibbons (1977) undertook a study of leisure motivation which concluded that one needs to: (a) derive feedback about one's competence; (b) perform a 'liked activity'; and (c) have positive personal involvement. These particular findings "lend considerable support to the concept of intrinsic motivation underlying leisure behavior" (Iso-Ahola, 1980, p. 240). Berlyne (1970), whom Deci (1975) suggests wrote more about intrinsic motivation than any other author, asserts that intrinsically motivated behaviors aim at establishing internal conditions that are rewarding for the organism. White (1959) states, in essence, that the reinforcement associated with mastery or demonstrating competence is a feeling of efficacy. This feeling presumably corresponds with a feeling of being in control. He then singles out the feeling of efficacy or control as the motive which sustains attempts to achieve competence. This observation adds to the arousal-seeking model which is explained following this discussion of the competence-mastery theroy of motivation. Arousal-seeking does not account for repetitious behavior. Competence seeking does. Ellis (1973) explains this in the following passage:

> The animal is motivated to generate arousing interactions with the environment. The particular interactions that generate this element of arousal are those that produce information flow. Information is defined as the reduction of uncertainty and the uncertainty derives from the animal's inability to predict accurately an outcome given the antecedent conditions. As more and more interactions are experienced, more and more connections between antecedent - subsequent events are made. More cause-effect relations are established .... The process seems to be one of problem-solving or hypothesis testing. The simpler relations are rapidly connected or learned. The more complex, and those where there is a probabilistic relationship, take much longer. A situation where there is error to be accounted for, or where the outcome is only generated some proportion of the time the antecedent conditions occur, requires the collection of many observations. As the hypothesis is being confirmed or denied, as a result of many repetitions, information is flowing and arousal is generated. (p. 103)

Competence-effectance needs are intrinsically motivating.

OPTIMAL AROUSAL

People are not only motivated by needs to be competent they are also, according to the optimal arousal theory of motivation, motivated by incongruity. Objects or events are said to have a high valence if they provide this incongruity. Valence refers to affective orientations toward particular outcomes.

A particular type of behavior may be positively valent if it provides incongruity. Hunt (1965) indicates that incongruity between a stimulus and a standard is by itself motivating; human beings need optimum incongruity. A person at any given time has developed an adaptation level such that a particular amount of the stimulus will cause a neutral response. Small deviations from that amount - either above or below - are desired and cause an effectively positive response. Large discrepancies, however, cause a negative affect. Hence, people approach slightly discrepant situations but avoid highly discrepant ones (Deci, 1975).

These notions of optimal discrepancy may be incorporated into a general theory of intrinsic motivation. Hunt (1965) regards the human being as an information-processing system and asserts that intrinsic motivation is inherent in information processing and action. Hunt defines intrinsic motivation as "... motivation inherent in the organism's informational interaction with circumstances through the distance receptors ..." (p. 197). If a human being finds slightly discrepant situations novel and attractive, then it follows that situations which allow for "the investigation, exploration and manipulation of the physical, social and cognitive environment" (Hunt, 1965, p. 197), which could provide slightly discrepant experiences, would be attractive. Moreover, such situations seem to describe facets of what is normally described as play. The motive which sustains these "play" behaviors is arousal-seeking. Thus, when fitting the definition of play to a general form, it becomes, "play is behavior motivated by the need to avoid boredom and maintain arousal" (Ellis, 1973, p. 17).

Hebb's (1955) theory also centers around the need for optimal arousal, but is more physiological than psychological. "Arousal is a physiological concept referring to nonspecific cortical bombardment" (Deci, 1975, p. 43). Hebb proposed that organisms are motivated to maintain an optimum level of arousal and that functioning is more efficient when there is an optimal level. He postulates a "central 'motive state', an organized phase sequence in the cells of the brain" (Peters, 1960, p. 42). Most important for understanding the optimal arousal theory of motivation is the general state of cortical arousal which seems to be essential if sensory signals are to activate a goal-directed response (Lindsley, 1951). Hebb's work integrates the psychology and physiology of motivation. His theory of motivation defines motivation not only in terms of directedness towards a goal, but also in terms of a highly speculative condition of the brain. Fiske and Maddi (1961) propose a similar theory with the contribution of an important addition to it: optimum is a continuous variable which is a function of the organism's degree of wakefulness. Regardless, this type of theory seems to illustrate that behavioral acts may best be understood as symptoms of certain needs.

Mehrabian (1976), also a proponent of the concept of arousal, indicates that novelty and complexity in environments cause certain emotional responses in particular persons. "These reactions in turn cause the person to approach or avoid the environment" (p. 15). He also indicates that, although arousal level is not the sole determinant of approach or avoidance behavior, it can sometimes be a major factor. In this theory, arousal is not conceptualized as a need but, rather, as a general state or response which is caused by an appropriate mix of environmental cues.

NEED HIERARCHY

Maslow's "holistic-dynamic theory of motivation" (Huizinga, 1970, p. 17), is based on postulated basic needs. Basic needs are the "fundamental data" for his theory:

> Usually when a conscious desire is analyzed, we find that we can go behind it, so to speak, to other more fundamental aims of the individual. ... It is characteristic of this deeper analysis that it will always lead ultimately to certain goals or needs behind which we cannot go; that is to certain need satisfactions that seem to be ends in themselves (...). In other words then, the study of motivation must be in part the study of ultimate human goals or desires or needs. (Maslow, 1954, p. 66)

Not only must motivation be need-related according to Maslow, but he also restricts the concept of motivation to behavior which is need-related or goal-oriented. Hence, reflexes and other physiological processes, abnormal patterns, and mechanical associations are excluded from the study of motivation (Young, 1961)

Maslow's (1954) theory emphasizes the hierarchical nature of deficiency and self-actualizing needs. Once the lower level needs of food, shelter, safety, comfort and esteem are met, self-actualization needs are attended to. A man or a woman can then define himself or herself through making choices.

> A variant on the general form of the definition of play behavior in terms of its motive sustains many definitions that claim play to be behavior which is not-motivated or voluntary. The behavior occurs in the absence of motives as inputted by the observer. Since the observer cannot perceive why the subject is behaving, it is assumed that the subject is playing (Ellis, 1973, p. 13).

Interestingly enough, the idea of intrinsic motivation and Maslow's (1954) need hierarchy theory of motivation are somewhat similar. Maslow's love needs, esteem needs, and need for self-actualization correspond somewhat with London, Crandall and Fitzgibbon's (1977) needs for positive personal involvement, performing a liked activity, and deriving feedback from one's performance. Moreover, Iso-Ahola (1980) has developed a position suggesting that the psychological foundation of intrinsically motivated play resides in the child's need to be a competent human being. This position is based on Ellis' (1973) and Hunt's (1961, 1965, 1969) ideas concerning optimal arousal needs and Seligman's (1975) emphasis on exercising control or mastery over one's environment. Perhaps, then, the self-actualized individual is one who is able to freely express himself or herself through intrinsically motivated behavior.

HERZBERG: A VARIANT ON THE THEME

Many of the theories of motivation speak of motivation in terms of growth: seeking an optimal level of arousal through discrepant situations; displaying behavior that aims to establish internally rewarding conditions; defining self through choice; and so on. Herzberg makes a distinction between this kind of behavior and pain avoidance behavior. Herzberg's motivation-hygiene theory classifies all human needs into two sets - pain avoidance and growth:

> The theory makes a distinction between the kinds of incentives that will satisfy these two sets of needs. In the framework of the world of work, the only incentives that satisfy the pain-avoidance needs are environmental and extrinsic to the job (eg. working conditions and security). These are called hygiene factors. The only incentives that satisfy the growth needs are intrinsic to the work (eg. achievement and responsibility). These are called motivator factors. (p. 411)

In this theory, the affective experience of fulfillment is met through satisfaction of the growth needs. Although "the affective experience of fulfillment requires satisfaction of the growth needs ... the disturbed individual is not capable of any growth directed behaviors" (Hertzberg, 1974, p. 412). The disturbed individual attempts to derive a fulfillment experience through the satisfaction of pain avoidance needs - an affective experience that they cannot provide (Hertzberg, 1974). Relief and fulfillment are sought through behaviors that satisfy pain-avoidance and not growth needs.

If alcoholics and drug abusers are "disturbed" individuals, it may be true that they seek pleasure and avoid pain, rather than seek out growth experiences in their leisure. The answer to this supposition may be found in examining the leisure motivations and satisfactions of alcoholics. Hopefully, the present study will yield some insight into the leisure motivations and satisfactions of addicted persons, specifically alcoholics.

SATISFACTION

Whenever a person's needs are met, that person is said to be satisfied. Satisfaction, however, has been conceptualized in a number of ways, ranging from behavior or reward, to attitude, to more than attitude to a state. Homans (1961) describes it as verbal and emotional behavior but, more specifically, in terms of what an individual gets: "it's a matter of reward" (p. 267). DuBrin (1972) also describes satisfaction in terms of what a person derives when satisfied: feelings of contentment resulting from achieving a goal. Thus, this conceptualization of satisfaction is a concept of "state" more than anything else. Yukl and Wexley (1971) explain satisfaction in terms of attitude. Job satisfaction, they say is a "composite of moderately correlated component attitudes" (p.153).

Ragheb and Beard (1980), however, note that satisfaction is only the affective component of an attitude:

> Satisfaction is not only how an individual feels towards an object, but also what he or she elicited and/or will elicit from that object or activity. It is the total outcome of a direct experience which has been lasting for a significant period of time. (p.331)

As such, satisfaction may be both an antecedent and a consequence of behavior. On the other hand, Tatarkiewicz (1976) sees a number of satisfactions as the composite of happiness. In other words, total satisfaction is happiness or lasting satisfaction.

D. LEISURE

Leisure has been conceptualized in a number of ways including a period of time, activity, state of mind, or experience. The notion of leisure as an experience, however, seems to be congruent with the way people think about their own leisure in every day life. It is the quality of the experience which causes people to deem the experience as leisure or not. Moreover, the notion of leisure as a subjective experience is the concept of leisure that most leisure theorists suscribe to. Hence, it is intrinsically motivated leisure which is said to be satisfying: "People view leisure as optimum when leisure participation is intrinsically motivated" (Iso-Ahola, 1980, p. 384). Intrinsic motivation is considered to be a critical factor in the defining characteristics of leisure (Kelly, 1972; Nuelinger, 1974). Moreover, intrinsic motivation can only exist when the actor has the freedom to choose activities: "to be the 'origin' (originator) rather than the 'pawn'" (de Charms, 1968 in Iso-Ahola, 1980, p. 384).

Neulinger (1974 , 1981) suggests that the second basic dimension of leisure is perceived freedom. Perceived freedom is a necessary but not sufficient condition for leisure. It is the motivation dimension of Neulinger's model which is seen to differentiate between leisure and nonleisure states. That is, perceived freedom and intrinsic motivation lead to satisfying or pure leisure while an element of external motivation leads to leisure-work or leisure-job.

Kelly (1972) also suggests that a high degree of perceived freedom is a critical factor which influences the perception of leisure: "The typology of leisure that is the inaugural point of this theory building process defines leisure by the two dimensions of relative freedom of choice and relationship to work" (p. 53). It is generally agreed that "perceived" freedom is the critical determinant of subjective definitions of leisure (Bregha, 1980; Goodale & Witt, 1980; Gruneau, 1980; Harper, 1983; Iso-Ahola, 1980). More importantly, however, "opportunity for expression ... emanates from free choice motivated by personal satisfaction. With such opportunity there can be individual dignity and freedom" (Brightbill, 1960, p. 111). In other words, the opportunity to choose participation or non-participation heightens an individual's sense of personal power and control. Moreover, there seems to be a need for some kind of positive dimension for the experience to be considered leisure. There is, however no concensus as to whether the dimension may be thought of as enjoyment, personal involvement, self expression, or intrinsic motivation.

A third aspect, or factor, which may, in fact, influence one's perception of leisure is whether or not the experience has a low work relation. This is the second aspect of leisure which Kelly (1972) identifies as an underlying factor in one's definition of leisure. According to Brayley (1986), "in leisure, a person develops new skills and has satisfying experiences that help him to enrich his talents, express his creativity, and achieve balance in his life. Work activity is oriented towards production but recreation is oriented towards fulfillment and consequently wellness" (p. 8). Thus, low work relation may be added to intrinsic motivation and perceived freedom as a determining characteristic of leisure. In fact, according to Brayley (1986), all three factors are important for making a free time activity a leisure experience:

> Professionals and laymen involved with public recreation services in Alberta communities are in general agreement about what it takes to make a free time activity a leisure experience. They agree that participation in the activity must be a matter of choice - that is, an individual must be free to participate or not participate in the activity. The practitioners and board chairmen also agreed that participation in the activity should be perceived as being unrelated to the participant's daily work and that the motivation for participation should be primarily intrinsic. (p.8)

With these points in mind, leisure as an experience may be defined as "an activity or state of mind that usually occurs in free time and is characterized by a perception of freedom, a low relationship to daily work requirements, and intrinsic motivation or reward" (Brayley, 1986, p. 8). Most important, however, is the presence of a positive dimension, which is what makes the experience "leisure".

PLAYSKILLS

Recreation is largely perceived as the playtime of the adult - though never explicitly stated that way. "Usually, play is seen as something children do and adults don't. Then, while children are presumed to think that play is good fun, wise adults (especially psychologists) know there's more to it than that" (Cohen, 1987, p. 1). There are many classic and recent theories of play. Rather than reviewing these explanations, however, the discussion will focus on some of the skills play develops.

Caplan (1974) writes that "play services children and even adults; it can help strengthen personality, encourage interpersonal relations, further creativity and the joy of living, and advance learning" (p. xi). Moreover, in play children learn to adapt to new circumstances in a changing environment. This capacity to adapt varies from child to child: "Differing capacities to learn, differing tendencies to engage in new interactions with the environment, and differing applications of social consequences by others sharing a niche, will all contribute to a variation in adaptation" (Ellis, 1973, p. 117). These self-initiated efforts towards adjustment to, and control of oneself and one's environment, when successful, lead to feelings of self-worth or competence (Caplan, 1974). Personal competence has been defined by Low (1977a) as:

> The ability to select and control the quality of personal experience by producing or controlling changes. The ability to produce and control change may then be analyzed into general skill areas: 1) The ability to establish motivation, purpose and purposefulness; 2) the ability to wisely construct or formulate and oversee the action - development instructions; and 3) the ability to carry out the action by developing or securing the necessary skills or resources. (p. 41)

He refers to these skills as basic skills, applicable to a wide variety of situations and circumstances.

The development of personal competence and the capacity to adapt are not just outcomes of play, they also become skills used in play and other experiences. According to Low, personal effectiveness and self worth are both antecedents and consequences of action. They represent beliefs about oneself that influence decisions about how to act and are part of the consequences of action (Ratcliffe, 1978, p. 27). Personal effectance appears to be the perception of one's own personal competence and appears to be the product of successful attempts to manage experience.

Play skills involve the element of personal competence and are engaged in with the intention of producing pleasurable affect rather quickly (Ratcliffe, 1978). Physically active play has its own obvious inherent benefits, such as control of body weight, improved body efficiency (cardio-pulmonary and general body function) and appearance, reduction of stress and tension, and an overall sense of well-being. Moreover, an improved outlook on health often accompanies increased activity which may also stimulate other lifestyle changes such as "quitting smoking, modifying the diet, or reducing alcohol intake" (Keir & Lauzon, 1980, p. 334). Emotional behavior may also be affected. Sports and hobbies have a relatively indirect control of affect, while self-control techniques such as meditation, biofeedback, and relaxation techniques act more directly. Tension is reduced and pleasurable states of consciousness are produced. This being true, an interesting ensuing topic for review could centre upon the kinds of play most adults engage in during their leisure time. Thus, the next section is a review of the play, or the leisure pursuits, of the average adult living in Alberta.

LEISURE BEHAVIOR

Active involvement in sports and hobbies has been cited as a means to, at least, an indirect control of affect. Yet leisure pursuits which generate "active" or "creative" participation are less frequently chosen than those which entertain or amuse. In 1981, and again in 1984, according to the Alberta Public Opinion Survey on Recreation, visiting friends, watching television, and listening to the radio were the three activities which Albertans participated in the most (Alberta Recreation and Parks, Recreation Development Division, Planning and Support Division, 1982, 1985). These pursuits are passive, require little or no support from public agencies, may be entered into with little or no prior commitment, and require minimal skill and/or equipment. Pursuits that are more active and which require self-involvement, the investment of more time and/or money or the scheduling of a facility ranked somewhere after the top ten activities. The top ten, those with the most participants, tended to have several things in common:

> They had a high entertainment level, an element of social interaction, and required little or no support from a public recreation service ... could be done on the spur of the moment or in one block of time and did not require the scheduling of a particular facility. These activities did not require specialized skills and required lower levels of physical exertion than activities engaged in less often. The availability of the more popular activities was also generally unaffected by seasonal changes. (Alberta Recreation and Parks, 1982, No. 2)

Sports and hobbies, those activities cited as a means to indirect control of affect, ranked somewhere between 20 and 43 in relative popularity. Such results would seem to indicate that a great number of the population who engage themselves in either sports or hobbies do so infrequently. The 1984 Public Opinion Survey On Recreation (Alberta Parks and Recreation, Recreation Development Division, Planning Support Division, 1985) examined the respondents' sports and outdoor pursuits and found that such was not the case. The 1984 survey looked at the outdoor and sports pursuits in which the respondents participated during the past year. Most of the respondents had taken part in at least one outdoor or sports activity during the previous year. The particular activity in which they were engaged, however, tended to be a function of age, level of education, and place of residence (rural versus urban).

With such information available, Alberta Recreation and Parks developed some profiles which describe the most likely participants in various activities. Their examples of participant profiles for downhill skiing, fishing, and racquetball are provided below:

> Downhill skiing
> 1. participation decreased with age;
> 2. more likely to be enjoyed by single persons;
> 3. participation increased with education and income levels;
> 4. more likely for Calgary residents than for those living in other areas of the province.
>
> Fishing
> 1. participation increased up to 64 years of age and declined slightly for the older age group;
> 2. three times as many males as females participated;
> 3. more common for rural than for urban residents.
>
> Racquetball
> 1. participation declined as age increased;
> 2. more participation by those with higher education and income levels;
> 3. more likely in urban than in rural locations.
>
> (Alberta Recreation and Parks, 1985, No. 13)

It is evident from these profiles that particular sports are more likely to be engaged in by particular minority segments in the general population. Profiles such as these provide descriptions of "who" participates in "what" activities. The reasons why these minority segments of participants engage in each particular sport are not, however, addressed. In recent years, a debate concerning the value of socio-economic profiles of participants has been generated (Jackson, 1980). "Several writers have argued for a move toward an analysis of motivations (Burge & Field,1972; Christensen & Yoesting, 1973) of the kind exemplified by Catton (1969) and Hollender (1977) and summarized by Driver

(1975)" (Jackson, 1980, p. 190). Hopefully, this present study will reflect a development in the field of leisure studies with its focus on the leisure motivations and satisfactions of the study population.

LEISURE MOTIVATION

From an eclectic point of view, leisure motives may be explained at different levels of causality. Iso-Ahola (1980) illustrates his conceptualization of the reasons for engaging in leisure behavior as operating on four different conceptual levels (see Figure 3).

At the first level of influence, biological dispositions, and early socialization experiences have a joint influence on leisure behavior. These act as a base for the second level: "The joint influence of biological disposition and early socialization experiences ... form the foundations for the individual need for optimal arousal and incongruity ... leisure behavior takes place within the framework of optimal arousal and incongruity" (Iso-Ahola, 1980, p. 229). At the next level of influence, perceived freedom and competence, leisure behavior can be explained in terms of intrinsic motivation. Finally, at the top of the pyramid, Iso-Ahola places a concept he calls "leisure needs". This concept is not ever explained. It is only depicted to be yet another level of causality of leisure behavior. According to Iso-Ahola (1980), this last level on the pyramid is "perhaps the most popular way of explaining the reasons why people participate in various leisure activities" (p. 22). The reasons why this is so is not clear. Neither is what he exactly means by this concept. None-the-less leisure researchers typically provide subjects with a list comprised of a large number of reasons or "leisure needs" which the individual is asked to rate in terms of their importance in determining his or her participation in various activities. Ragheb and Beard's (1983) leisure motivation scale serves to illustrate this leisure need or empirical approach to conceptualizing leisure motivation extremely well. The advent of the empirical approach was especially useful because it enabled leisure researchers to measure particular aspects of leisure. This advance was needed because "more important than the struggle for a watertight definition is the struggle for an understanding of the relationships between the antecedent conditions, the hypothetical drives and the resultant behavior that satisfies them" (Ellis, 1973, p. 110). Ragheb and Beard's motivation scale, in conjunction with

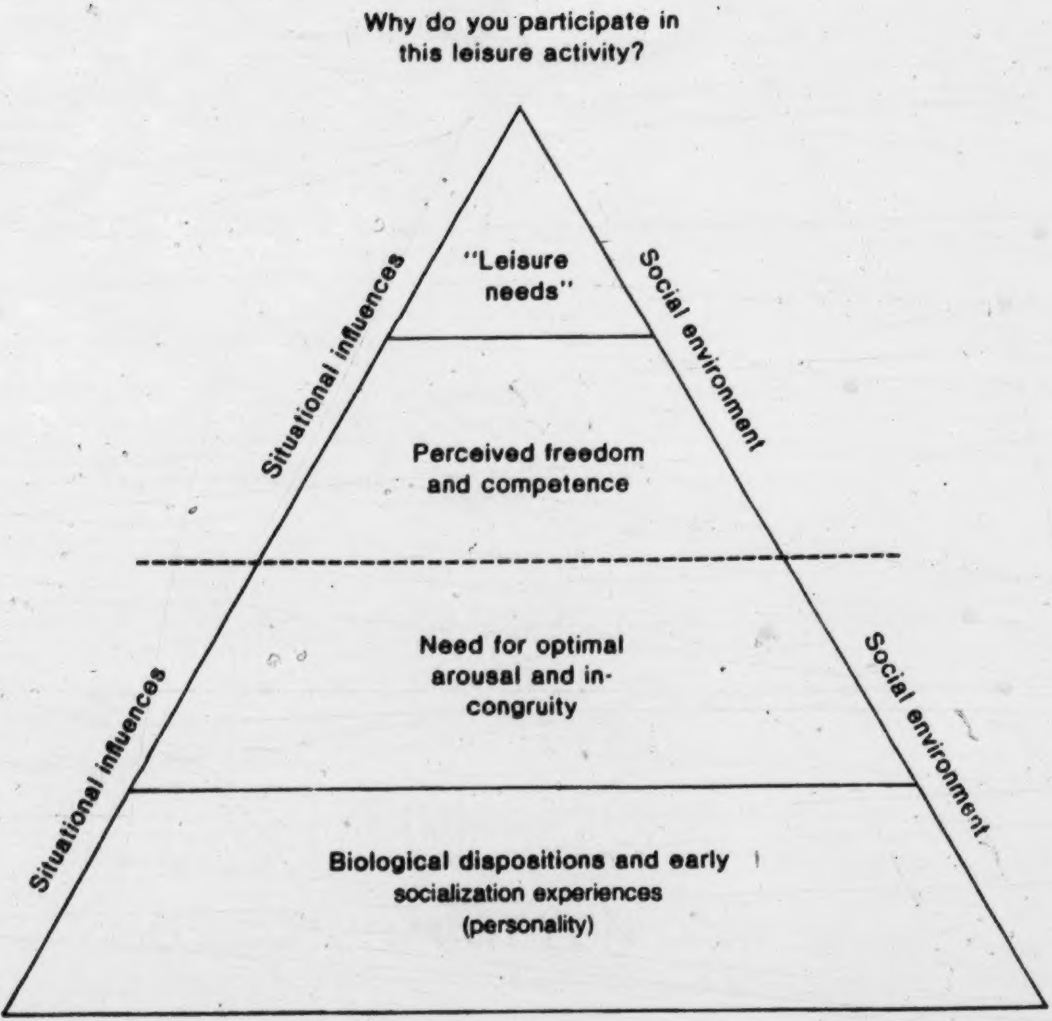

Why do you participate in
this leisure activity?
"Leisure
needs"
Perceived freedom
and competence
Need for optimal
arousal and in-
congruity
Biological dispositions and early
socialization experiences
(personality)
Situational influences
Social environment
Situational influences
Social environment

Figure II.3 Social Psychological Determinants of Leisure

their leisure satisfaction scale, makes it possible to measure aspects of variables as well as inter-relationships among variables. Thus, our understanding of the relationships between antecedent conditions, the hypothetical drives, and the resultant behavior that satisfies them may be increased.

FINDINGS: DIRECTIONS FOR FUTURE RESEARCH

The identification of leisure motives is important in the study and understanding of leisure behavior. Researchers have only begun to develop an understanding of the concept of leisure motivation. Hence, more research is needed. Crandal (1980) has catalogued several potentially important directions for research on leisure motivation. One of the principal suggestions is to study subgroups such as females and males, or different therapeutic groups. Obtaining mean scores for sub-groups of the general population for the subscales in Ragheb and Beard's (1983) motivation scale could lead to greater consistency and effectiveness of programs and facilities. Programs that have taken into account the differential leisure motives of subgroups of the population may better meet the needs and conditions of the people they serve.

LEISURE SATISFACTION

Research on satisfaction has traditionally centered upon satisfactions or dissatisfactions that persons draw from several critical domains of their lives, such as their marriages, their jobs, and their housing. Little research has been focused upon the measurement of leisure satisfaction. The concept itself is relatively new. It may be derived from common elements of observation made by a few scholars in the field of recreation and leisure studies. There have been three major observations. Satisfying leisure pursuits include:

1. activities that lend themselves to the meeting of friends (Dumazedier, 1974);
2. intrinsically motivating activities (Neulinger, 1973); and
3. activities which allow us to learn about ourselves, others, society and nature (Brightbill, 1961).

Basically, these observations point to needs which people have, including the need to be socially interactive, to be self-governing in leisure choices, and to be rewarded in some manner or other. According to Vroom (1964), these needs, identified as leisure needs, correspond loosely to needs or satisfactions identified by studies in the area of job satisfaction. These needs include the need for social interactions, power to influence, money, and prestige. Thus, satisfaction may be conceptualized as positive perceptions or attitudes which a person forms, elicits, or gains as a result of engaging in freely chosen activities which meet specific needs.

LEISURE: A SATISFYING EXPERIENCE

London, Crandall and Seals (1977) examined the relationships between job and leisure satisfaction and the contributions of each to perceived quality of life. They found that job and leisure satisfaction contribute independently to an individual's assessment of his or her quality of life. In fact, for many subgroups such as females aged sixteen to twenty-nine, individuals with a high school diploma or some college education, mid-socioeconomic groups, and blue collar workers, leisure items were better predictors of quality of life than were job items. The latter were, however, better predictors for white collar workers, married persons, and those persons in higher socio-economic brackets. Simply stated, "the results of this study demonstrate that non-job-related variables can be more important to a full life than job satisfaction for many subgroups of the population" (London, Crandall & Seals, 1977 p. 333). Other studies have indicated that leisure satisfaction is the third contributor to perceived life satisfaction following family and career (Bailyn, 1970; Haavio-Mannila, 1971).

Bailyn (1970) found that with all groups studied, "family satisfaction had the highest correlation with overall life satisfaction". According to Haavio-Mannila (1971), "family seemed to be a more important determinant of general happiness than work or leisure" (p. 589).

THE LEISURE SATISFACTION SCALE

Ragheb and Beard (1980) constructed an instrument for measuring leisure satisfaction. Its purpose, was "to provide a measure of the extent to which individuals perceive that certain personal needs are met or satisfied through leisure activities" (p. 22). The effects on individuals participating in leisure activities were abstracted, catalogued, and factor analyzed for common elements. The common elements or categories of effects that emerged were: psychological, educational, social, relaxational, physiological, and aesthetic. "These parts reflect the theoretical rationale on which the instrument was based" (p.23).

THE RELATIONSHIP BETWEEN SATISFACTION AND LEISURE CHOICES

"A leisure choice results from the process of comparison among alternatives" (Ragheb & Beard, 1980a, p. 332). Ragheb (1980) found that leisure choices were explained more by satisfaction gained from doing the activity than by leisure attitudes. However, Neulinger and Raps (1972) obtained evidence that affiliation was the most important factor in determining leisure choices. Ritchie (1975) found that social opportunities were among the most important determinants of leisure participation. Thus, it is not surprising to note that visiting friends is the leisure activity that has the greatest participation among Albertans (Alberta Recreation and Parks, Recreation Development Division, Recreation Planning Branch, 1982, 1985). Therefore, even if a great amount of satisfaction is gained from a particular leisure pursuit, if the person engaging in the activity does not have friends with whom he or she can continue to affiliate in the pursuit of the activity, it is likely that he or she will not continue to pursue the activity on a regular basis (if at all). Not withstanding this, the development of a scale to measure leisure satisfactions was a much needed advance in the field of recreation and leisure studies. Without objective measures, it is impossible to direct much research towards understanding leisure values.

A RECAPITULATION ON LEISURE

The study of leisure motivations and satisfactions is an interesting and important area in the field of leisure studies. The increase in understanding of the various perspectives, or domain aspects, of leisure lends itself to correlational studies with other domains such as marriage and family, job, life as a whole, and/or feelings of well being. In a sense, they are difficult concepts to grasp. Quite simply, however, leisure behavior can be conceived of as an experience which may be motivated at different levels of causality and which is regarded as satisfying due to its intrinsic motivation, perceived freedom of choice, and low work relation.

The construction of instruments designed to objectively measure leisure motivations and satisfactions was a much needed advance in the field of recreation and leisure studies. Again, without objective measures, it was impossible to direct research towards the understanding of leisure values.

E. LEISURE AND THE ALCOHOLIC

"While there are both common sense and theoretical reasons for linking alcoholism with leisure there is little empirical research tying the two areas together" (Neulinger, 1974, p. 153). There is, however, evidence that recreation has been successfully utilized in relapse prevention. Sheridan (1976) notes that alternative methods, including fun and fantasy, may provide the alcoholic with similar means of satisfaction to that of alcohol. These similar "payoffs" include:

1. socialization with a minimum of tension and anxiety;
2. an alternate way of dealing with anxiety, depression, anger, frustration, and the like;
3. escape from life situations which cause tension;
4. relaxation; and
5. adventure and opportunities for self expression. (p. 25)

The alcoholic, however, views fantasizing negatively and finds it difficult to have fun. The chronic alcoholic suffers from "recreation deprivation" (p. 5), has a poor self-image and does not know how to use his or her leisure time in a constructive way (Koegler and Freeman, in press).

LEISURE BEHAVIOR AND THE ALCOHOLIC

It is well documented that the alcoholic is unable to utilize free time constructively (Farina, 1973; McKechnie, 1975; Neulinger, 1974). Moreover, the alcoholic stresses work and finds it difficult to have fun. Allowing himself or herself very little freedom or spontaneity, he or she is rarely able to obtain enjoyment, other than superficially (Sheridan, 1976). It has been said that the alcoholic is a compulsive worker (Grimmatt, 1969). Sessoms and Oakley (1969) are in agreement with this statement. The results of their study on the alcoholic's compulsion to work indicate that: "Seventy percent of the sample said they would not retire even if assured an adequate income.

Thirty-one (27%) patients were working more than fifty hours per week at the time they were admitted to Butner" (p. 24). In fact, alcoholics see themselves as having more free time than they want, prefer highly structured free time, and view leisure negatively (Berg & Neulinger, 1976).

Although alcoholics may say they prefer highly structured activities, they seem, in reality, to prefer activities which require a minimum of skill and equipment and which they can join or leave without making a commitment (Sessoms & Oakley, 1968). The alcoholic is not a joiner, but when he or she does join, the preference is for clubs in which alcoholic beverages are available (Sessoms & Oakley, 1969). Leisure time preferences seem to include hunting, fishing, television viewing, playing cards and pool, bowling, reading, and gardening. Many of these activities are related to drinking. One respondent told Hizhusen (1979): "I never go fishing without a case of beer" (p. 228). Constructive use of leisure by the alcoholic is usually minimal due to the preoccupation with alcohol and the problems related to alcoholism.

The leisure behavior of the alcoholic seems to be different from that of the general population. The alcoholic's recreational activities are often severely disorganized and diminished such that leisure time activities are either passive or destructive in nature and are primarily associated with drinking (Koegler and Freeman, in press). Generally speaking, the alcoholic has a lowered level of interest in cultural activities. Participation in sports and outdoor recreation activities for the alcoholic population is about half that of the general population. Moreover, there is a definite relationship between drinking and outdoor activities. Apart from these differences, however, the alcoholic's leisure patterns are influenced by the same social variables as are the general population's. In short, passivity best describes the alcoholic's approach to recreation and leisure behavior. The alcoholic's leisure pattern is typified by additional work, spectator activities, and drinking. Little attention is given to self-involved interests (Sessoms & Oakley, 1969).

LEISURE MOTIVATIONS AND SATISFACTIONS OF THE ALCOHOLIC

There does not appear to be any published research concerning the leisure motivations and satisfactions of the alcoholic. It can be speculated, however, that research in this area of study would be interesting and rewarding. Hopefully, this present study will yield some insight into the leisure motivations and satisfactions of alcoholics.

Chapter III

RESEARCH METHODS

The study can best be described as a longitudial panel census. The clients in the drug and alcohol abuse treatment program at the Henwood Treatment Centre were surveyed at admission, at discharge, and at a three month follow-up program. The pretreatment questionnaires were administered between March 10th and September 27th, 1987. The study is primarily a descriptive survey with the addition of a one-group pretest-posttest component to examine the effect of treatment on the leisure motivations, activities, and satisfactions of the clients.

The Henwood treatment center is one of two residential treatment centres in Alberta established under the auspices of the Alberta Alcohol and and Drug Abuse Commission (A.A.D.A.C.). Those who choose to commence treatment at Henwood usually do so upon the recommendation of an A.A.D.A.C. counselor in another A.A.D.A.C. facility, or as a result of referral by their physician or their psychologist. Most clients attend Henwood on their own initiative or with help and encouragement or pressure from friends and family.

DATA COLLECTION

A pretreatment questionnaire was administered upon admission (287 clients between March and June 1986). The post-treatment questionnaire was administered at discharge (237 clients between June and September 1986). Finally, a follow-up questionnaire was administered at the follow-up program (128 clients between June and September 1986). Each client in attendance at each of the programs (treatment and follow-up) was given the option of completing a questionnaire. Every client in treatment did, in fact, fill in a pretreatment questionnaire. In addition, every person still in treatment at the end of the program filled in one of the post-treatment questionnaires. Only those who prematurely discontinued their treatment, as well as those who were asked to leave the program, failed to complete the post-treatment questionnaire. All of the clients who attended the follow-up program chose to complete the follow-up questionnaire. The pretreatment, post-treatment, and follow-up questionnaires as well as the Alberta Public Opinion Survey and

Vancouver study questionnaires are to be found in Appendix B.

PILOT STUDY

The pilot studies were carried out with the counsellors, psychologist, and with some of the clients. Questionnaire items were added and deleted and the format of the questionnaire was changed as a result of the pilot tests.

DEMOGRAPHIC PROFILE

The study population is primarily composed of men with 77.4% of the population being male and 22.6% being female. Roughly 85% of the population is also 45 years of age and younger with the largest number of clients being between the ages of 26 and 35. Exact distribution of the population according to age categorization is as follows: 25 or younger (22.1%); 26-35 (39.1%); 36-45 (24.6%); 46-55 (10%) and; 56 or older (4.3%). The study population is, therefore, by and large comprised of younger and middle aged men.

RESEARCH DESIGN

The nursing aides at Henwood were trained to administer the questionnaires. The pretreatment questionnaires were administered on a Monday morning before treatment commenced as were the follow-up questionnaires. The post-treatment questionnaires were given to the clients on the last Friday morning of their stay at Henwood. The nursing aides and one of the recreation therapists were available to answer questions or to read the questions if the print was too small for the client to read. The form in Appendix C explains the procedure that was followed each time the questionnaires were administered. The clients handed the questionnaires in to one of the recreation therapists or nursing aides immediately following its completion.

Table III.1 NUMBERS OF QUESTIONNAIRES ADMINISTERED

	PRETREATMENT	POST-TREATMENT	FOLLOW-UP
when collected	March to June	June to September	June to September
number of surveys completed	287	237	128

QUESTIONNAIRE

Only a small portion of the questions posed in the original questionnaire are used in the present study. The questions used for this study include questions related to the measurement of leisure motivation, type and level of participation in leisure activities pursued, and of leisure satisfaction. The selection of leisure motivation items came from the Alberta Recreation and Parks' 1984 Public Opinion Survey on Recreation questions on motivation. A selection of items from Beard and Ragheb's Leisure Satisfaction Scale (1980) comprises the list of leisure satisfaction items. Questions regarding pertinent demographic information were also included. It should be noted that when using the questions related to motivation in the 1984 Public Opinion Survey on Recreation there were two changes made to the instrument. First, the item 'to relax' was omitted due to typing and editing errors. The second change was the addition of the item 'to gain a sense of accomplishment'. This item was added because, from what was known about alcoholics when the questionnaire items were written, it seemed that alcoholics need to be told that they are 'OK'. It was thought that this particular item might provide that kind of feedback to them, albeit in an indirect fashion. These changes together with the fact that only 10 of the 40 original items from the Beard and Ragheb (1980) Leisure Satisfaction Scale were utilized may limit the comparison of the control populations with the study population. Even so, the comparisons of the data sets should still provide a useful benchmark beside which information concerning the pretreatment and post-treatment differences may be displayed.

Chapter IV

RESULTS AND DISCUSSION OF THE RESULTS

The results are organized according to the three sets of propositions stated earlier. The tests chosen to accomplish the analysis and the reasoning for each are included with the findings that each test has yielded.

A. THE BENCHMARK - SET I

The study lacks a control group. Thus, in order to determine if any differences exist between the pretreatment component of the study population and the "normal" population, two research projects with items similar to those in the Henwood project were sought out for use as a quasi-control group. The Vancouver study is comprised of samples of persons from the Planning Department of the City of Vancouver, students attending U.B.C. in the Recreation Program (1st and 3rd year students) and, unemployed teachers who were associated with the Unemployed Teachers Action Center (Burton, unpublished). The basic intent of the study was to determine how employed and unemployed proffesionals in urban areas valued their leeisure time.

The Alberta study is a representative sample of the entire population of Alberta (Alberta Parks and Recreation, 1985). Hence, in terms of its ability to represent the "normal" population, this particular study is close to ideal. This particular study and the Vancouver study were chosen for the questionnaire format, type of measurement scales and choice of wording, and intent utilized. Each questionnaire chosen as a control was found to be similar to the present research project's format as well as similar in scales of measurement utilyzed. Comparable questionnaire items were then selected from the three studies. These items were analyzed using either analysis of variance (ANOVA) with a scheffe, t test, or chi-square.

LEISURE MOTIVATIONS

Ten leisure motivation items from the three studies were comparable. ANOVA with a scheffe was chosen as the technique to best analyze the leisure motivation items from these three sets of data. ANOVA may be used to determine whether sample variances differ significantly from one another; the scheffe is used to test the statistical differences between particular group means or combinations of group means. The results from this technique indicate support for the following proposition:

> There will be significant differences between the general population of Alberta, the study population in Vancouver and the study population of Henwood in motivational factors determining the types of leisure activities undertaken.

Significant differences between the groups were found for all 10 items tested. The results are displayed in table IV-1 and are arranged such that the highest means are found in the first column of the table. The first three items indicate that the Henwood population seems to be significantly more motivated by the social elements within leisure than is the wider population. The second three items seem to indicate that the alcoholics in the Henwood program are significantly more motivated to demonstrate competence in their leisure than is the wider population. The last three items do not seem to indicate much in the way of explaining the alcoholic's leisure behavior. The results for these items do not, therefore, contribute much to the development of an understanding of the reasons for which alcoholics pursue the activities that they do.

The alcoholic population at Henwood differs significantly from the population of Alberta on all 10 of the leisure motivation items tested: "to do things with friends", "to meet new people and maybe new friends", "to compete with others", and "to be creative" seem to be important reasons for explaining why the clients at Henwood engage in recreational and leisure activities. The reasons to do things with friends, to meet people, and to help others are all fairly social in their orientation. It seems, then, that alcoholics need social contact in their leisure activities and that the promise of such contact in leisure pursuits is important in motivating the alcoholic individual to become involved. The reasons "to learn new skills and abilities", "to compete with others", and "to be creative" are also more important to the alcoholic population at Henwood than to both the study population in Vancouver and the general population of Alberta. These reasons seem to indicate that the alcoholic has a need to exhibit competence in his or her leisure. The fact that the reasons to help others and to be creative are "not important" to the population in Vancouver and the general population of Alberta respectively is worthy of special note when one considers the degree of importance with which they

Table IV.1 ANOVA RESULTS FOR LEISURE MOTIVATION

REASON	MEAN SCORES		
to do things with friends	Henwood 3.97	Alberta 3.48	Vancouver 3.43
to meet people	Henwood 3.67	Vancouver 3.31	Alberta 3.03
to help others	Henwood 3.79	Vancouver 3.08	Alberta 2.41
to learn new skills and abilities	Henwood 3.91	Vancouver 3.64	Alberta 3.45
to compete with others	Henwood 3.08	Vancouver 2.43	Alberta 2.31
to be creative	Henwood 3.57	Vancouver 3.22	Alberta 2.55
for fitness	Alberta 4.04	Vancouver 3.88	Henwood 3.86
to be alone	Vancouver 3.19	Henwood 3.10	Alberta 2.07
to keep busy	Vancouver 4.19	Henwood 3.92	Alberta 2.81
for excitement	Vancouver 4.16	Henwood 3.79	Alberta 3.07

note:overlapping lines between key figures indicates where no significant differences are found at the 0.100 level are held by the alcoholics in the Henwood program. The contrast between the study population and the control population is much more dramatic when the study group mean and the control groups' means fall on either side of the neutral point. As well, the reason "to compete" is not important to both the Vancouver and the Alberta populations while the Henwood population scores on the "important" side of neutral (3.00) for this particular reason for participating in leisure and recreational activities. In contrast, the reason, "for physical health and exercise" is more important to the general population in Alberta than to both the alcoholic population at Henwood and the study population in Vancouver. The meaning of the results for the reasons "to keep busy" and "for excitement" is not very clear. Henwood's mean score for these items is lower than the Vancouver score and higher than the Alberta score. For a more complete understanding of the leisure motivation of alcoholics as well as a more detailed understanding of the specific differences between alcoholics' and the wider population's leisure motivations, further research must be conducted.

LEISURE ACTIVITIES

Twenty leisure activity items from the Vancouver study were comparable to twenty of the leisure activity items included in the Henwood study. In order to draw comparisons, however, the value labels were collapsed into two categories according to participation or non-participation in the activities listed. With the scores collapsed into a dichotomous and categorical scheme, the non-parametric technique of chi-square was used to determine if the two frequency distributions differed significantly from one another. The results of the test indicate support for the following proposition:

> There will be significant differences between the study population in Vancouver and the study population of Henwood in the types of leisure activities that the two populations "have" and "have not" engaged in.

Significant differences between the study population in Vancouver and the study population of Henwood were found for thirteen of the twenty leisure activity items tested. The data are given in Table IV-2.

These results serve to support previous findings. As indicated in the review of the literature, the alcoholic's leisure behavior differs from that of the general population. Specifically, alcoholics

Table IV.2 A CROSS TABULATION : LEISURE ACTIVITIES BY GROUP LOCATION

	HENWOOD			VANCOUVER			
ACTIVITY	N	HAVE	HAVE NOT	N	HAVE	HAVE NOT	x2
listen to radio/stereo	281	99.3	.7	243	97.1	2.93	2.46
watch television	283	**98.9**	1.1	243	95.1	4.9	5.77*
read for pleasure	282	94.0	6.0	243	93.4	6.6	0.01
drive for pleasure	266	69.5	30.5	243	**80.7**	19.3	7.75*
swim	258	58.5	41.5	243	**84.0**	16.0	37.95*
fish	264	**55.7**	44.3	243	29.6	70.4	33.95*
cycle	258	53.1	46.9	243	**66.3**	33.7	8.45*
jog	252	45.2	54.8	243	**65.4**	34.6	19.59*
do a craft/hobby	249	43.8	56.2	411	**75.7**	24.3	50.78*
play frisbee	264	42.7	57.3	243	37.4	62.6	1.26
play golf	288	37.9	62.1	243	34.2	65.8	0.59
hunt	262	**35.9**	64.1	243	5.8	94.2	66.23*
bowl	250	29.2	70.8	243	28.4	71.6	0.01
play football	251	22.7	77.3	243	18.5	81.5	1.08
play ice hockey	255	20.8	79.2	243	15.2	84.4	2.23
do aerobics	254	18.1	81.9	243	**64.2**	35.8	107.44*
curl	249	**17.7**	82.3	243	9.53	90.5	6.36*
down-hill ski	256	17.6	82.4	243	**34.2**	65.8	17.11*
play soccer	250	12.0	88.0	243	**25.9**	74.1	14.71*
x-country ski	253	11.5	88.5	243	**29.2**	70.8	23.19*

**significant difference*
Chi-square=3.84
d.f.=1 and p .05

are less likely to engage in active leisure pursuits. The study population in Vancouver was significantly more likely to have cycled, jogged, swam, played soccer, participated in aerobics, and skiied (both down-hill and cross-country) in the past year than the population of alcoholics in treatment at Henwood. The activities for which the alcoholic was not likely to differ from the wider population in terms of participation include passive activities such as reading and listening to the stereo. Alcoholics were also as likely to participate in team sports such as football, hockey and in bowling, during or after which alcohol is commonly consumed. As well, the two populations did not differ significantly in their participation in golf or in tossing frisbees. Watching television, hunting, and fishing were three activities which the clients at Henwood are more likely to engage in than the people surveyed in Vancouver.

In short, the leisure behavior of the alcoholic seeking treatment at Henwood does not seem to differ from the leisure behavior of the alcoholics studied previously. Their leisure behavior is characteristically more passive than that of the wider population.

LEISURE SATISFACTION

The 10 leisure satisfaction items in the present study were drawn from Ragheb and Beard's (1980) Leisure Satisfaction Scale, as were the leisure satisfaction items in the Vancouver study. A t-test was used to accomplish the analysis. This technique may be used to determine whether two means differ significantly from each other. Eight of the 10 leisure satisfaction items were found to have significantly different means. The results, therefore, indicate support for the following proposition:

> There will be significant differences between the study population in Vancouver and the study population of Henwood in the level of satisfaction derived from the leisure activities undertaken.

The results are graphically displayed in figure IV-1.

The level of leisure satisfaction is lower for the Henwood group than for the Vancouver group on all of the leisure satisfaction items analyzed, except the items "I learn many new skills and abilities in my leisure activities" and "my leisure activities have helped me to develop close

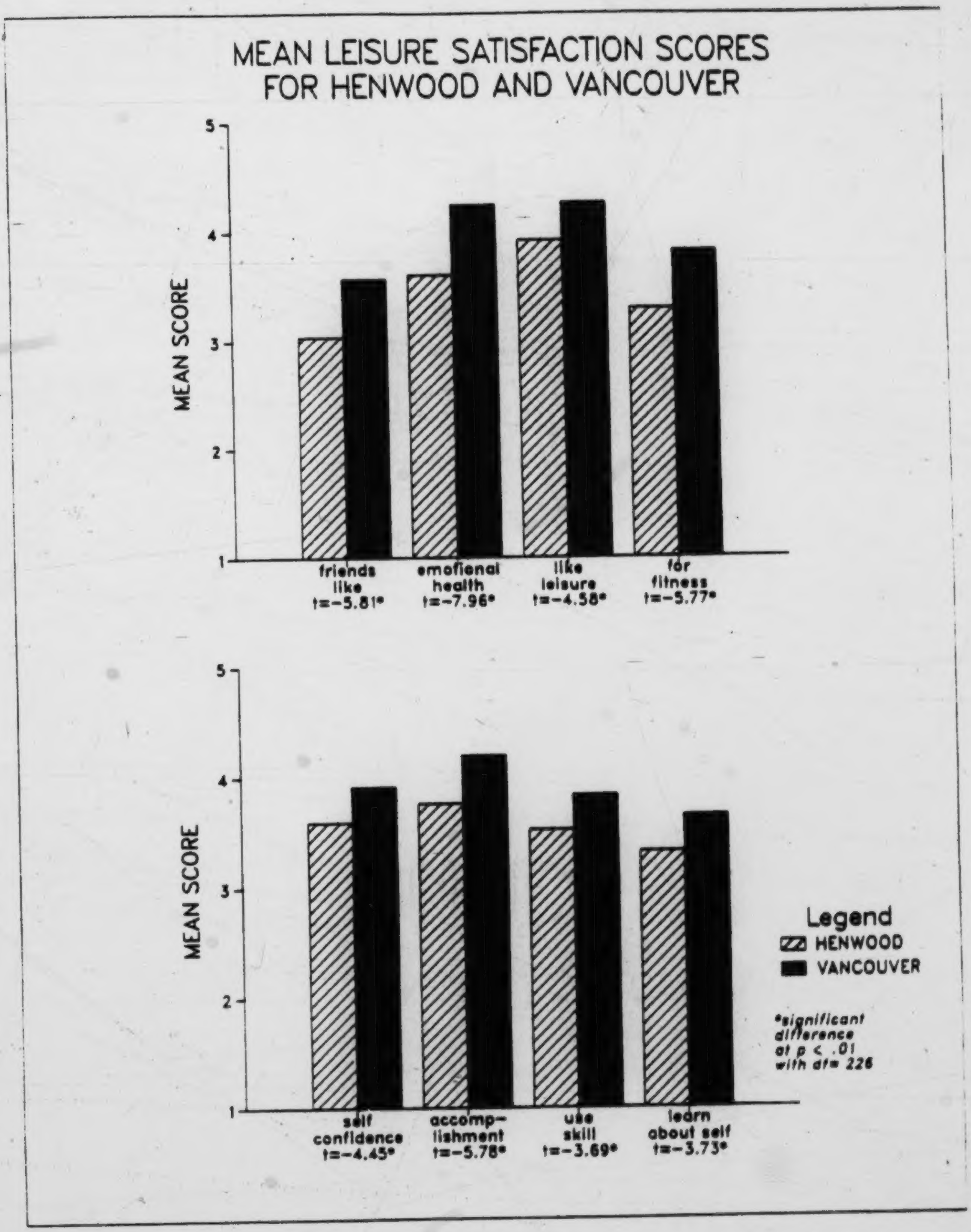


Figure IV.1 MEAN SATISFACTION SCORES FOR HENWOOD AND VANCOUVER

relationships with others". Not only is there no significant difference between the level of satisfaction for these later two items, but of all the items tested these two means are Vancouver's lowest scored items on the list of leisure satisfaction items tested. In other words, neither group learns many new skills, develops new abilities or develops close relationships in their leisure activities.

DISCUSSION OF THE RESULTS

The results generally indicate a need for the people in treatment at Henwood to exhibit competence as well as to be in the presence of others when engaging in recreational and leisure activities. A feasible explanation for the significantly higher level of importance of these reasons to the Henwood group is that the people surveyed were attending their first day of treatment for an alcohol abuse problem. The fact that they even make it to the treatment session is indicative of a generally high level of motivation, which may have spuriously affected leisure motivation. According to the literature, however, alcoholics tend to be externally motivated. It would, therefore, make sense that, if these people gain their sense of recognition from others, they would also tend to seek recognition and approval in their leisure time. In this light, a high level of motivation for being creative, learning new skills, being with and helping others is understandable. These reasons for becoming involved in freely chosen activities are more important to the clients in Henwood than to either of the benchmark populations. Demonstrating competence and helpfulness are not only more important to the study population of Henwood, but they are generally successful ways of gaining recognition and approval in our society.

In light of the fact that alcoholics are characteristically more passive or rather, are less likely to become involved in leisure engagements that demand internal control - it is interesting to note the kinds of reasons for recreating that tend to be deemed important by the alcoholics in the Henwood program. The greater importance of the reasons "to do things with friends" and "to meet new people and maybe new friends" does explain to a certain extent why alcoholics are more likely to engage in team sports than in solo performance sports. Moreover, participating to be with friends is a relatively more important reason than is the "for fitness" reason to the clients surveyed at Henwood; the opposite is true for both the Albertan and the Vancouver populations surveyed. This might explain

Henwood's significantly lower level of participation in the highly aerobic team sport of soccer. Again, consider activities such as hunting, fishing, football, and hockey for which participation rates are approximately equal or are higher for the Henwood group. Such activities are also more goal oriented than activities such as cycling, aerobics, and cross-country skiing in which alcoholics are less likely to participate. This may be because there is a greater element of competition in, at least, football and hockey, if not in fishing and hunting. The element of competition in recreation and leisure activities is important to the Henwood group, while it is not as important to the other two groups. In addition, it could be that fishing and hunting are popular leisure pursuits because it is relatively easy to transport alcohol into the bush where the party can continue without fear of being disrupted or of disrupting others.

In terms of the experienced level of satisfaction with leisure, the Henwood group's lowest mean score illustrates that it is only partly true that an alcoholic will tend to associate with people in free time who enjoy doing leisure pursuites a great deal. According to the social group affect, the activities and expectations of one's peers affects individual behavior. If a person does not tend to associate with people who participate actively in leisure activities, that person will not tend to participate actively in such activities. It seems to make sense, then, that if a person would like to get involved in leisure pursuits, but does not have the appropriate contacts, then that person would likely settle for easily accessible leisure activities which require little planning, equipment, or commitment rather than make the effort to become involved in a preferred activity. Whenever high levels of motivation do not translate into action, it seems entirely possible that such a situation could very well lead to lowered levels of satisfaction.

B. THE TREATMENT POPULATION - SET II

The purpose of the second set of propositions is to measure the difference between the pretreatment and post-treatment means of three sets of variables. These are the same three sets that were initially compared to the general population of Alberta and the study population in Vancouver. A t test was used to compare the means for each variable. In order to avoid the problem of increased risk of committing a type I error due to repeated measures, the significance level was set extremely low at $p < .01$. A two tailed test of significance was used in each case.

LEISURE MOTIVATION

The first proposition in this set is concerned with changes in the study population's leisure motivation after treament. T test results indicate support for the following proposition:

> There will be significant differences in the motivational factors for the pretreatment and post-treatment components of the study population.

Thirteen of the 18 items were significantly different subsequent to treament. Factor analysis was performed with a four factor solution. Nonetheless, each item was analyzed individually. (It was thought that, in an exploratory study of this nature, too much information would be lost by analyzing the factors.) The results were, therefore, an analysis of the items, with the items simply clustered in their factors in the graphical display of the results (see figures IV-2 and IV-3).

There were significant differences between pretreatment and post-treatment results for all of the factor one items. Four of the six items in factor 2 showed a significant difference between pretreament and post-treatment measures. The reasons "to compete with others", "to show others I could do it", and "to do something different from work" were not found to be significantly more important to the clients after treatment. This lack of significant increase in the importance of the reason to compete or to show others is interesting and important. The study population is already, as a group, more competitive than the general population. Moreover, a great deal of motivation for doing most things comes from gaining recognition and approval from others. The significant increase in the other reasons for involving themselves in leisure along with the lack of increase in these particular items may well be an indication that they are becoming more intrinsically motivated, at least in their leisure. This is most important when it comes to actually being able to experience an activity as leisure, considering the fact that the defining characteristics of leisure are a sense of freedom as well as enjoyment or intrinsic motivation.

None of the items in factor 3 were significantly different following treatment. In other words, there were no significant increases in the importance of the reasons to "to be alone", "to be away from my family", or "to meet people of the opposite sex" subsequent to treatment. The reason

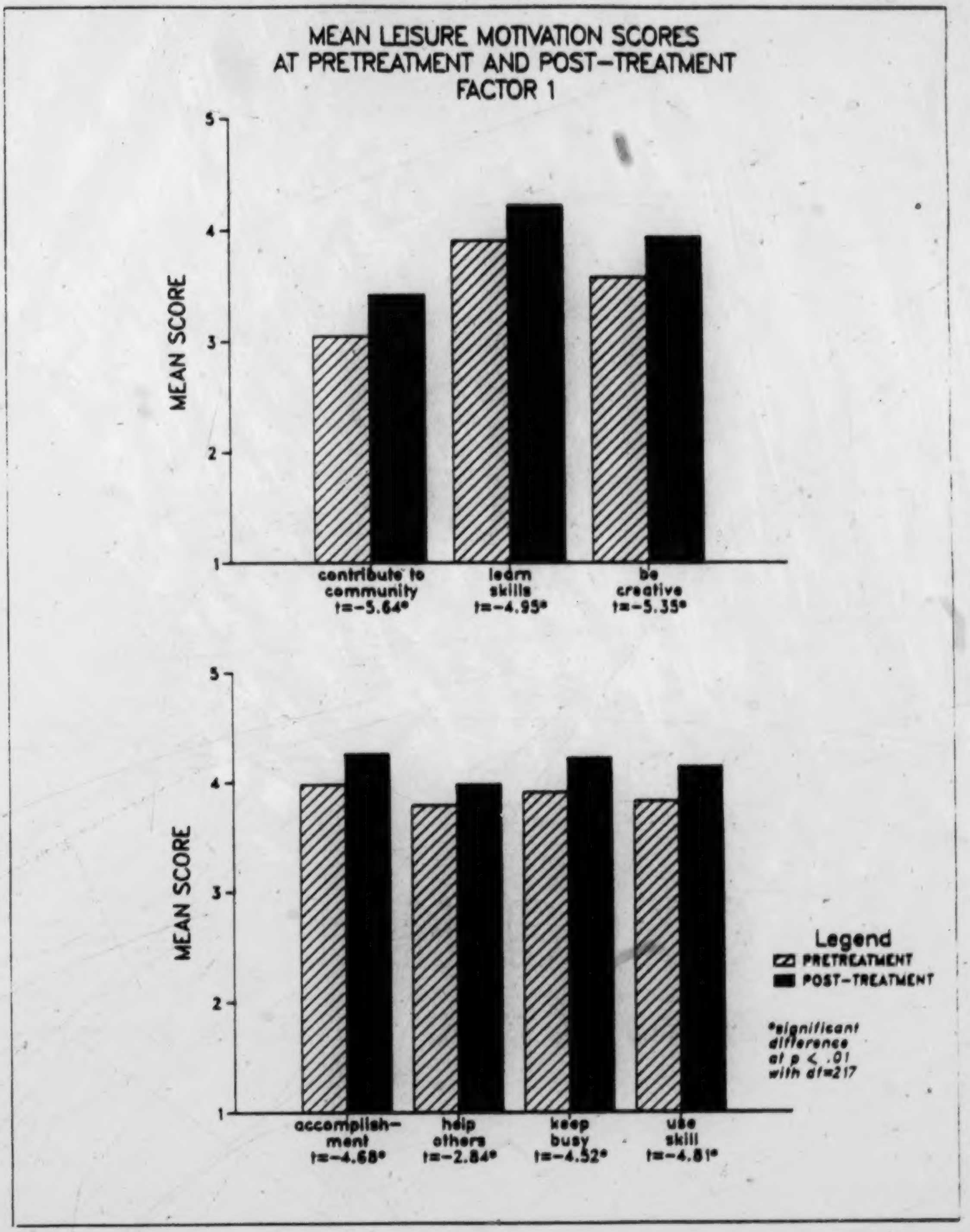
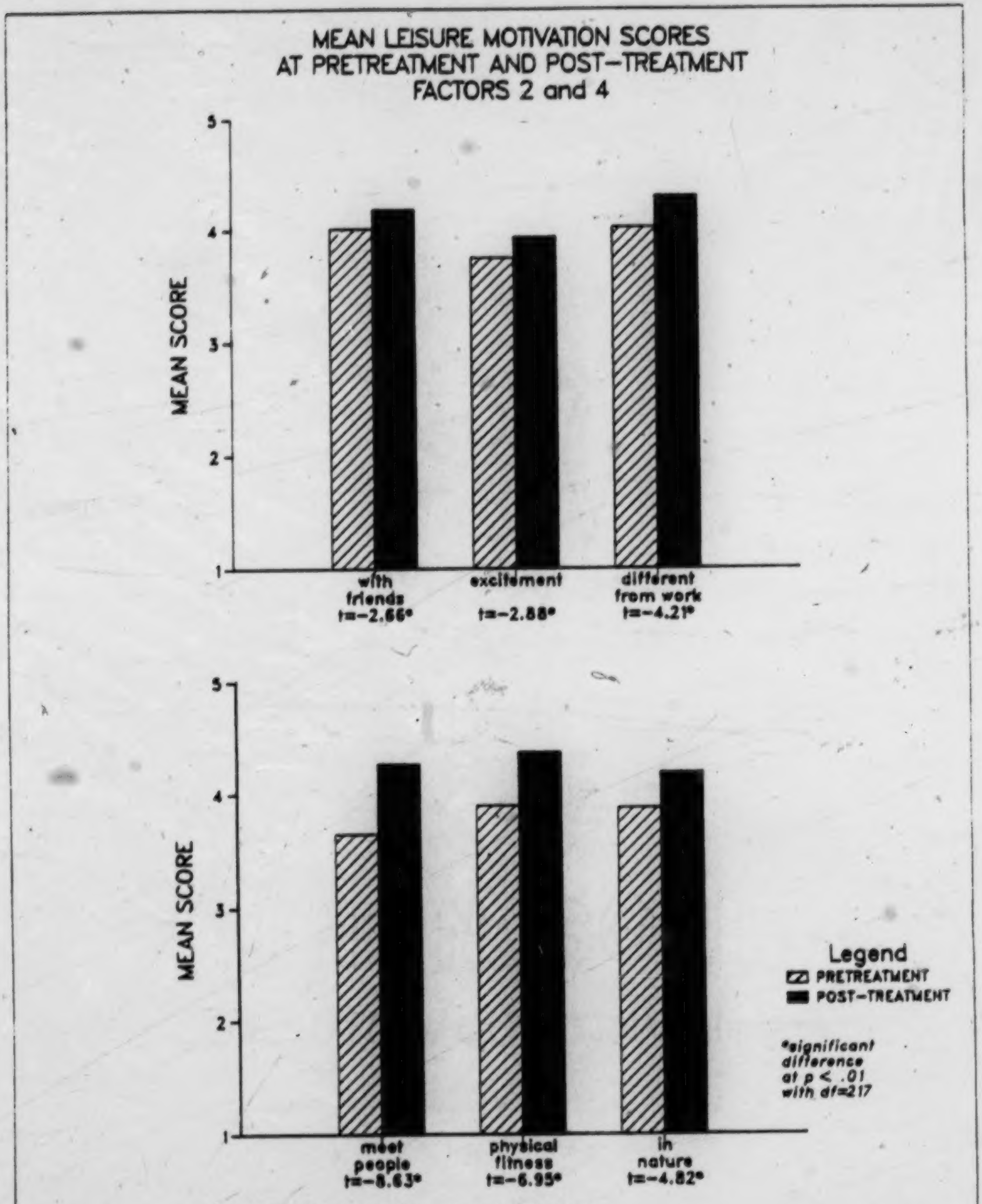


Figure IV.2 MEAN LEISURE MOTIVATION SCORES FOR FACTOR 1



*significant difference at $p < .01$ with df=217

__Note:__ the last bar is the only item in factor 4

Figure IV.3 MEAN LEISURE MOTIVATION SCORES FOR FACTOR 2

"to enjoy nature" was the only reason in factor 4 to increase in level of importance at post-treament.

LEISURE ACTIVITIES

Even with the time lag to allow for the expression of changes in leisure behavior, significant changes did not occur. There were no significant differences in the leisure activities engaged in three months subsequent to the completion of the treatment program. The results do not, therefore, support the following proposition:

> There will be significant differences in the types of activities pursued and in the levels of participation in the leisure activities that the pretreament and follow-up components of the study population pursue.

LEISURE SATISFACTION

All 10 of the leisure satisfaction items were significantly higher subsequent to treatment. Results, therefore, indicate support for the third proposition (see figure 1V-4) which reads as follows:

> There will be significant differences in the level of satisfaction derived from the activities pursued for the pretreatment and post-treatment components of the study population.

Each item represents an aspect of satisfaction or a benefit provided by participation in leisure activities. Statements such as "my leisure activities give me a sense of accomplishment" were "mostly true" for the clients following treatment. Indeed, it is appropriate to indicate that, in general, the clients' leisure satisfaction increased significantly subsequent to treatment.

DISCUSSION OF THE RESULTS

The results from this particular section of the study seem to raise more questions than they answer. While the treatment program seems to have significantly positive impacts on the clients (they are more satisfied and they leave with even more motivation than they arrived with), actual behavior change is not achieved. Throughout treatment, the importance of leisure in a balanced lifestyle was continually stressed. Moreover, its ability to satisfy a variety of needs such as having fun, feeling important, expressing and receiving displays of affection, and increasing one's sense of self-worth through the building of skills in self-involved interests was stressed. The afformentioned

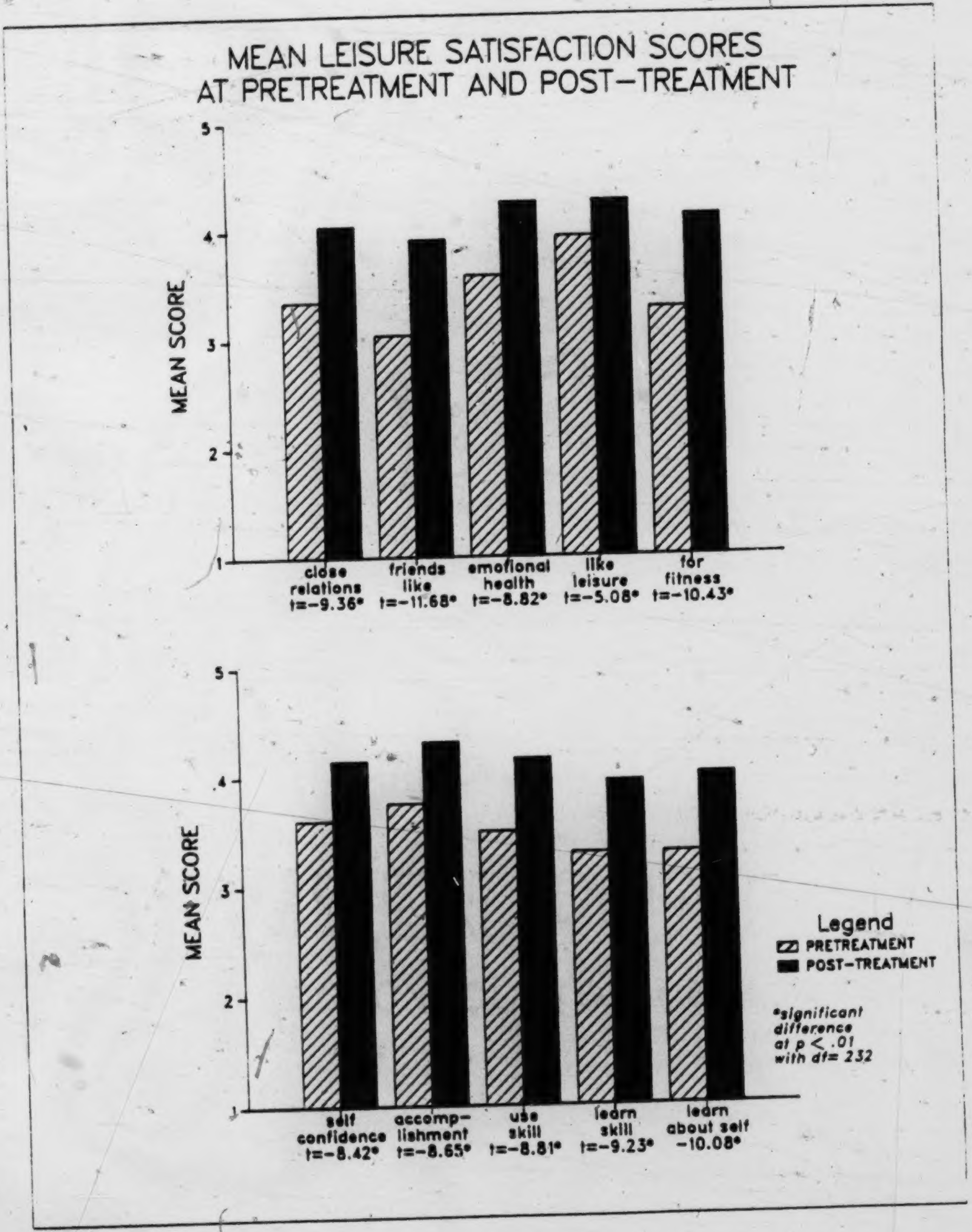


Figure IV.4 MEAN LEISURE SATISFACTION SCORES

needs were the ones that the clients identified as being fulfilled through the use of alcohol. Statements such as "I feel six feet tall and bullet proof" or "its much easier to express affection" *when I am drunk* were very common. It was 'decided' during the first Recreation Lecture and in subsequent leisure counselling sessions that leisure was a vehicle through which those very same needs could be met. Most importantly, however, it was stressed that leisure is one sphere of life in which all people can exert control. Some people can exert control in the work place or in the home but, in general, most people can initiate self-chosen leisure activities, especially once barriers to leisure are identified and eliminated. Perhaps, then, even though behavior patterns did not change as a result of treatment, it may be the case that the *reasons* for "behaving" did. As was indicated earlier, alcoholics believe in their own worthlessness and helplessness. Moreover, any sense of power and worth that they experience is generally derived from the approval, support, and recognition given from significant others. If, however, their leisure behavior were to become more an expression of personal choice rather than behavior based on a sense of another's approval, such a change, regardless of the actual behavior pattern, would be important. Since leisure is viewed as optimal when participation is intrinsically motivated, a sense of freedom may be considered essential to satisfying leisure. Thus, if a person's reasons for involvement in leisure activities change such that he or she perceives himself or herself to be in control of his or her leisure, then satisfaction may be derived regardless of the activity undertaken.

The lack of change in actual behavior could be due to a number of factors. Rather than recreating in their free-time, the former clients could be replacing their drinking with extra work. If so, it is likely that recovering alcoholics moonlight because

a) they seem to have a compulsion to work as indicated in the review of the literature and/or

b) they have debts that they must pay off that were accrued when they were drinking.

Another possible reason for the lack of behavior change is that they may lack the social opportunities necessary to become involved in active leisure pursuits. On the one hand, if they are still associating with old drinking buddies, it is not likely that the group's leisure activities would revolve around non-drinking leisure activities or pursuits. Thus, the activity pattern of the group would not likely change from its basically passive nature. On the other hand, if they were no longer spending time with the same friends they previously drank with, three months subsequent to treatment might not have allowed sufficient time for the development of a network of recreationally active friends. As was indicated in the literature review, social opportunities are important determinants of leisure participation. As well, lack of skill, opportunity, facilities, equipment, and/or money may have been preventing the alcoholic from becoming involved in more active leisure pursuits.

C. POPULATION DIFFERENCES - SET III

The final set of propositions serve to break the study population into some of its component subgroups in order to determine if treatment differentially affected the various subgroups of the population. The t test was again used to test the difference in means for each item. The level of significance is set at $p \leq .05$ in order that all differences will be detected regardless of the increased risk of type I error.

LEISURE MOTIVATION

All but one of the subcategory results differed from the results for the study population as a whole. The results, therefore, indicate support for the following proposition:

> There will be significant differences within the study population in motivational factors between the pretreatment and post-treatment components of the study population according to gender, family status, and age.

These results are graphically displayed in figures IV-5 to IV-15.

GENDER

There were 14 items for which the post-treatment means were significantly higher than the pretreatment means for males. In fact, the leisure motivation items for which there was a significant difference between means for the entire population was the same for the males only category, with one addition. There was a significant increase in the mean score for the reason "to compete with others" for the males only category while it was not significantly higher for the overall population. This could, however, be due to the fact that the alpha level was set higher for the males only t test which would result in a greater possibility of type I error. The overall similarity between the scores for the overall study population and the males only category could very well be due to the fact that the study population was comprised of 77.4% males. (See figures IV-5 and IV-6).

There were six items for which the female only category differs from the overall study population for both pretreatment and post-treatment results. In each and every case, there was a significant difference between means for the overall population but not for the females only category. The items for which there is this discrepancy include the following: "to gain a sense of accomplishment", "to help others", "to keep busy", "to learn new skills and abilities", "to do things with friends", and "to do something different from work". In light of the knowledge that leisure motivations between men and women do differ, it is not surprising that their pretreatment and post-treatment results for leisure motivation also differ. Females in the Vancouver study reviewed earlier are "motivated more significantly than males by social and stimulus/avoidance desires" (Sefton and Burton, 198 , p.3). Thus, it is not surprising to note that the post-treatment results were not significantly higher than the pretreatment results largely because the pretreatment results were relatively higher to begin with. For a graphical display of the results for the females only category see figure IV-7.

FAMILY STATUS

There were six items for which the married with children category differed from the overall study population. In each case, there was a significant difference between means for the overall population but not for the married with children category. The items for which there was no significant difference are as follows: "to help others", "to do things with friends', "for excitement", "to do something different from work" and "to enjoy nature". For the first four items, the post-treatment results were not as high for the married with children category as they were for the overall study population. For the last item, the pretreatment mean was higher for the married with children category than it was for the overall study population (See figure IV-8).

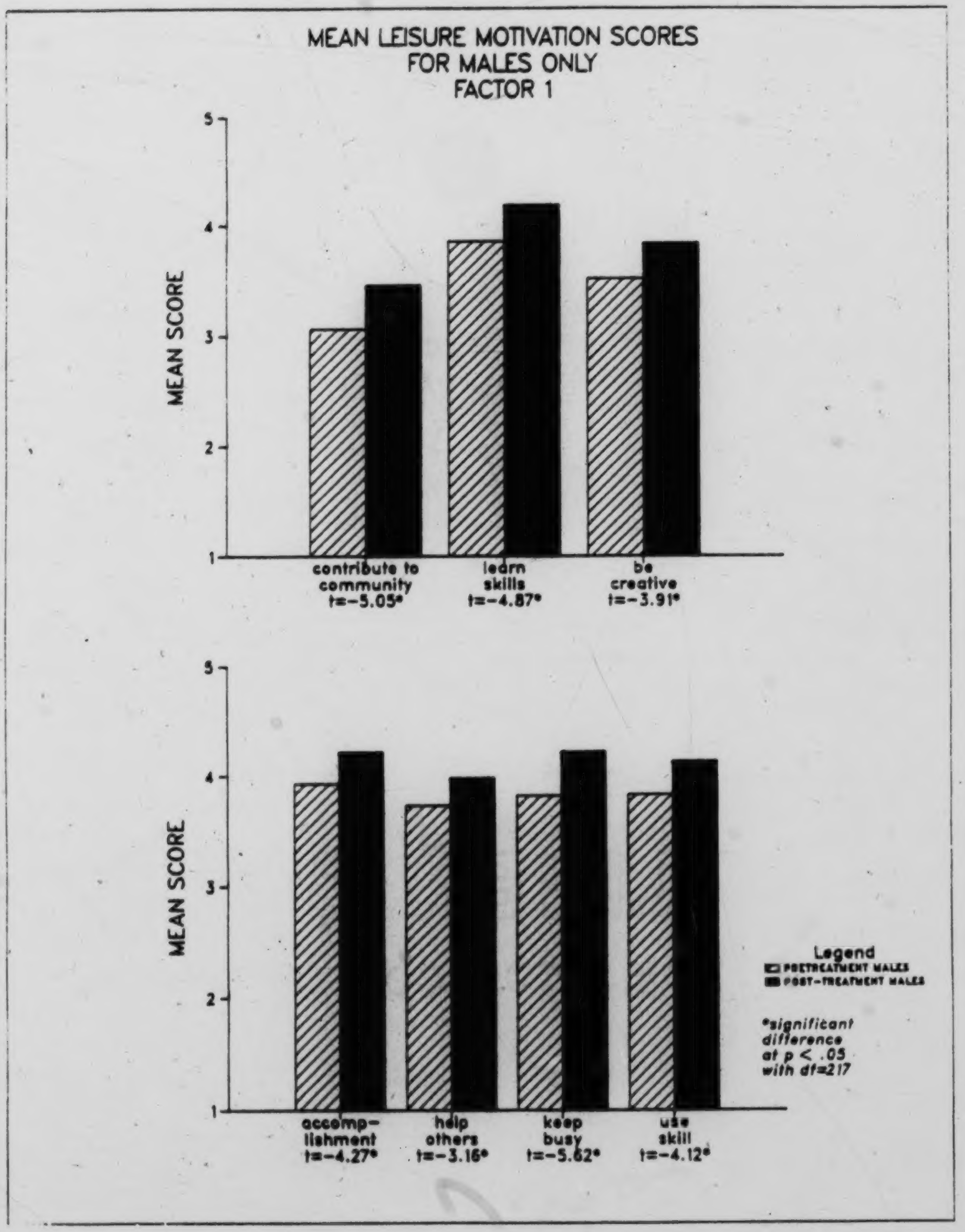


Figure IV.5 MEAN LEISURE MOTIVATION SCORES FOR MALES ONLY: FACTOR 1

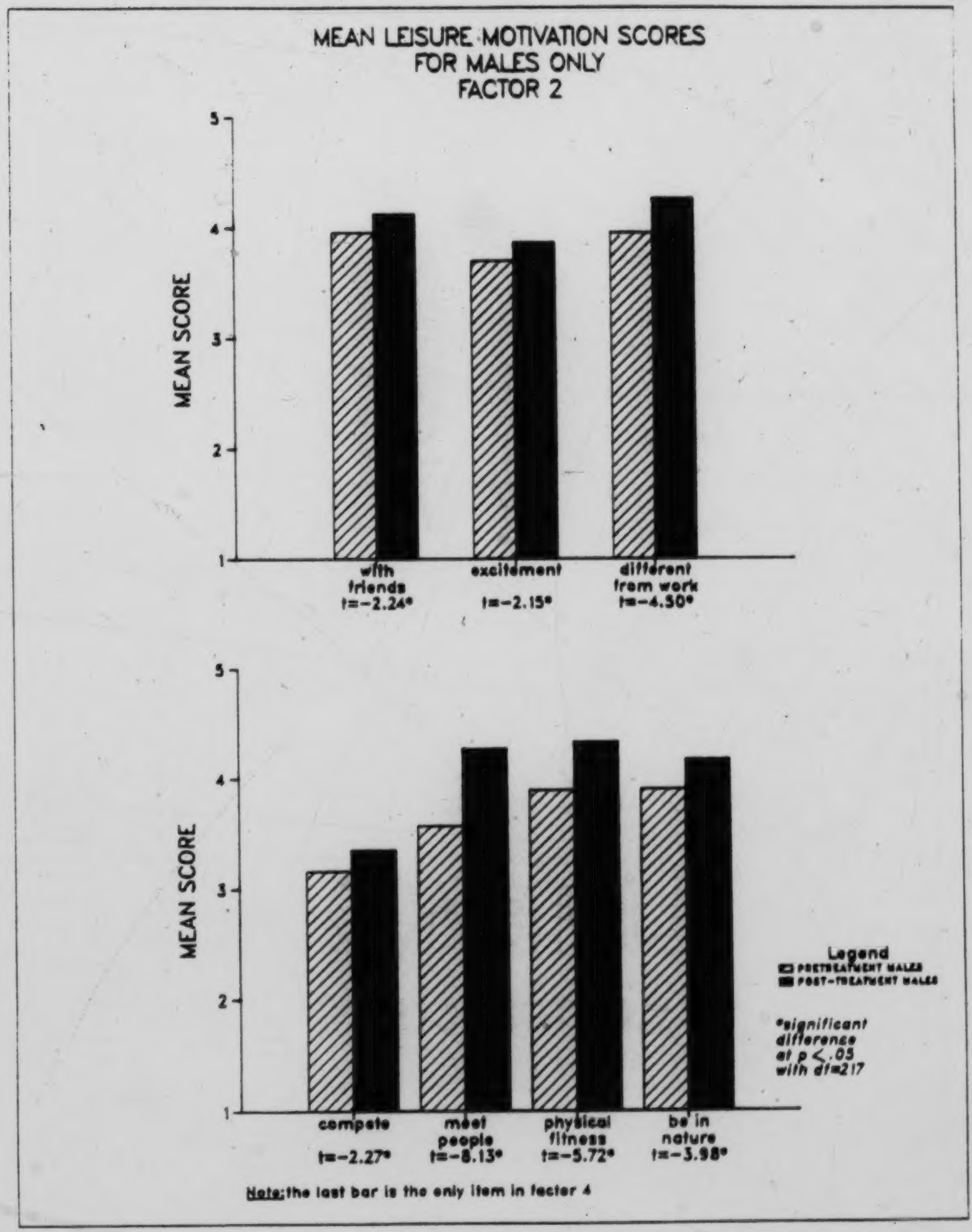


Figure IV.6 MEAN LEISURE MOTIVATION SCORES FOR MALES ONLY : FACTORS 2 and 4

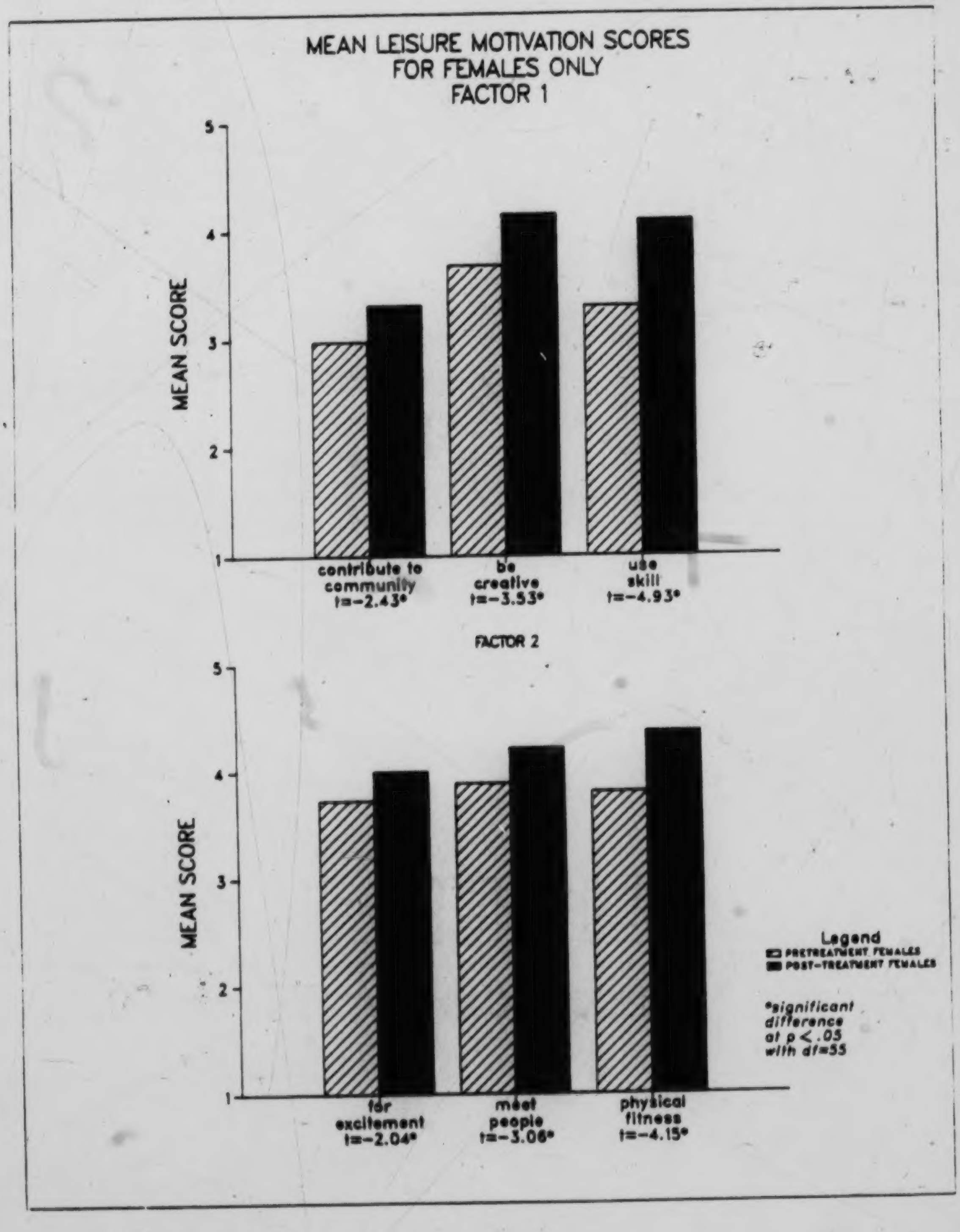


Figure IV.7 MEAN LEISURE MOTIVATION SCORES FOR WOMEN ONLY : FACTORS 2 and 3

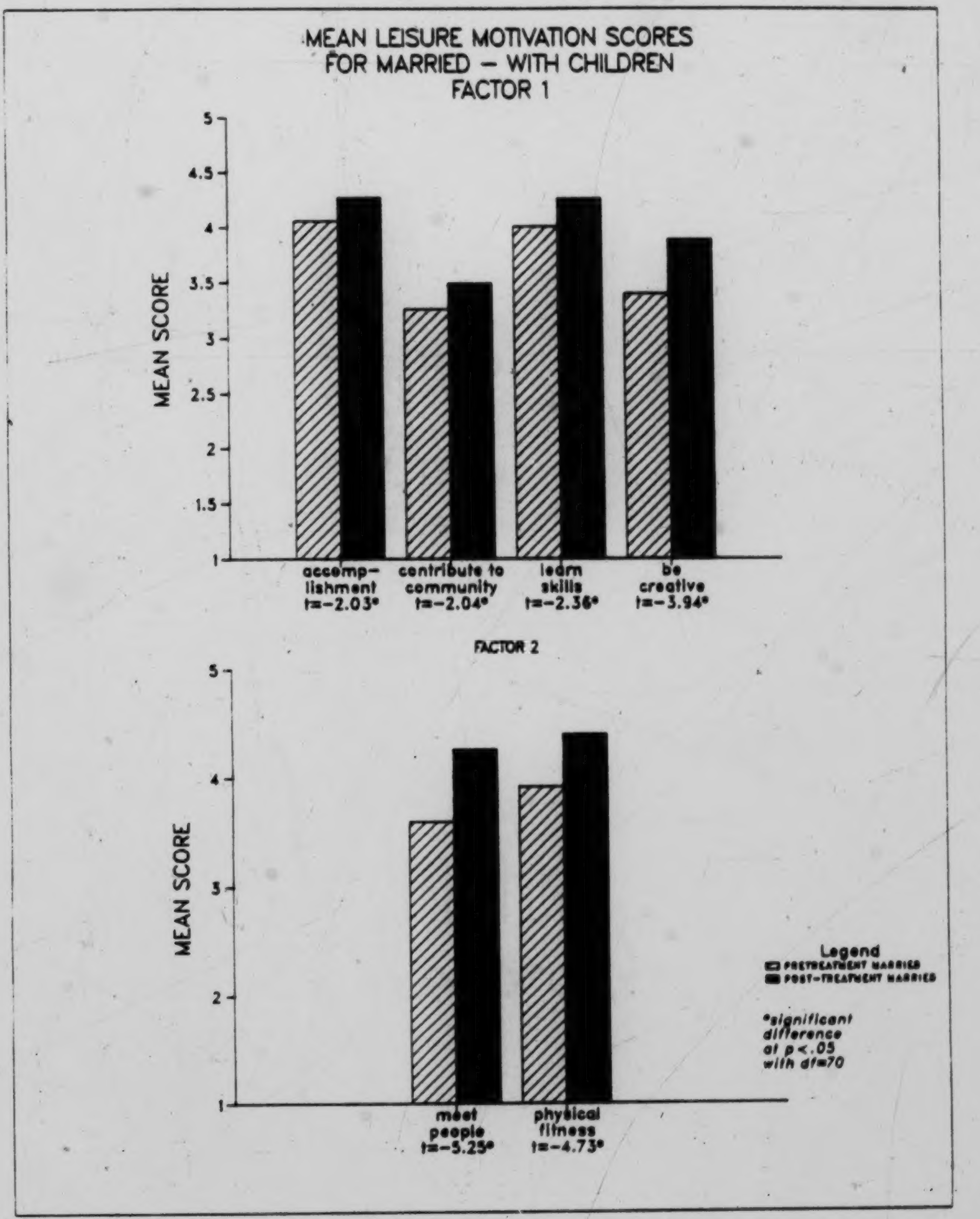


Figure IV.8 MEAN LEISURE MOTIVATION SCORES FOR MARRIED WITH CHILDREN: FACTORS 1 AND 2

With regard to the single with no children category, there were three items for which there were no significant differences between means, even though there were significant differences for the same items for the overall population. The items for which there was no significant difference are as follows: "to help others", "to do things with friends", and "for excitement". The one item that was not significantly different subsequent to treatment for the entire study population but was for the single with no children category is the item "to be alone". The post-treatment mean for this item was significantly *lower* than the pretreatment mean for the single clients with no children. This is a positive result in terms of treatment (See figures IV-9 and IV-10).

AGE

Nine of the eighteen leisure motivation items were significantly higher subsequent to treatment. Moreover, there were four items for which there was no significant difference between means for the 25 and under age category, even though there was a significant difference between means for the same items for the entire population. These items are as follows: "to help others", "to learn new skills and abilities", "to do things with friends", and "for excitement". For each item the pretreatment mean is higher to start with for the 25 and under age category than it is for the study population. For a graphical display of these particular results see figure IV-11.

The 26-to-35 year old age category did not differ at all from the overall population in terms of the changes in their leisure motivation subsequent to treatment. The results are graphically displayed in figures IV-12 and IV-13.

The 36-to-45 year old age category did, indeed, differ from the the overall population. This particular category evidenced only seven items which had significantly higher mean scores subsequent to treatment. There were five items for which the overall population had significantly different pretreatment and post-treatment means, while the 36-to-45 age category did not. These items include the following: "to help others", "to use my skills and talents", "to learn skills and abilities", "for excitement", and "to do something different from work" (See figure IV-14).

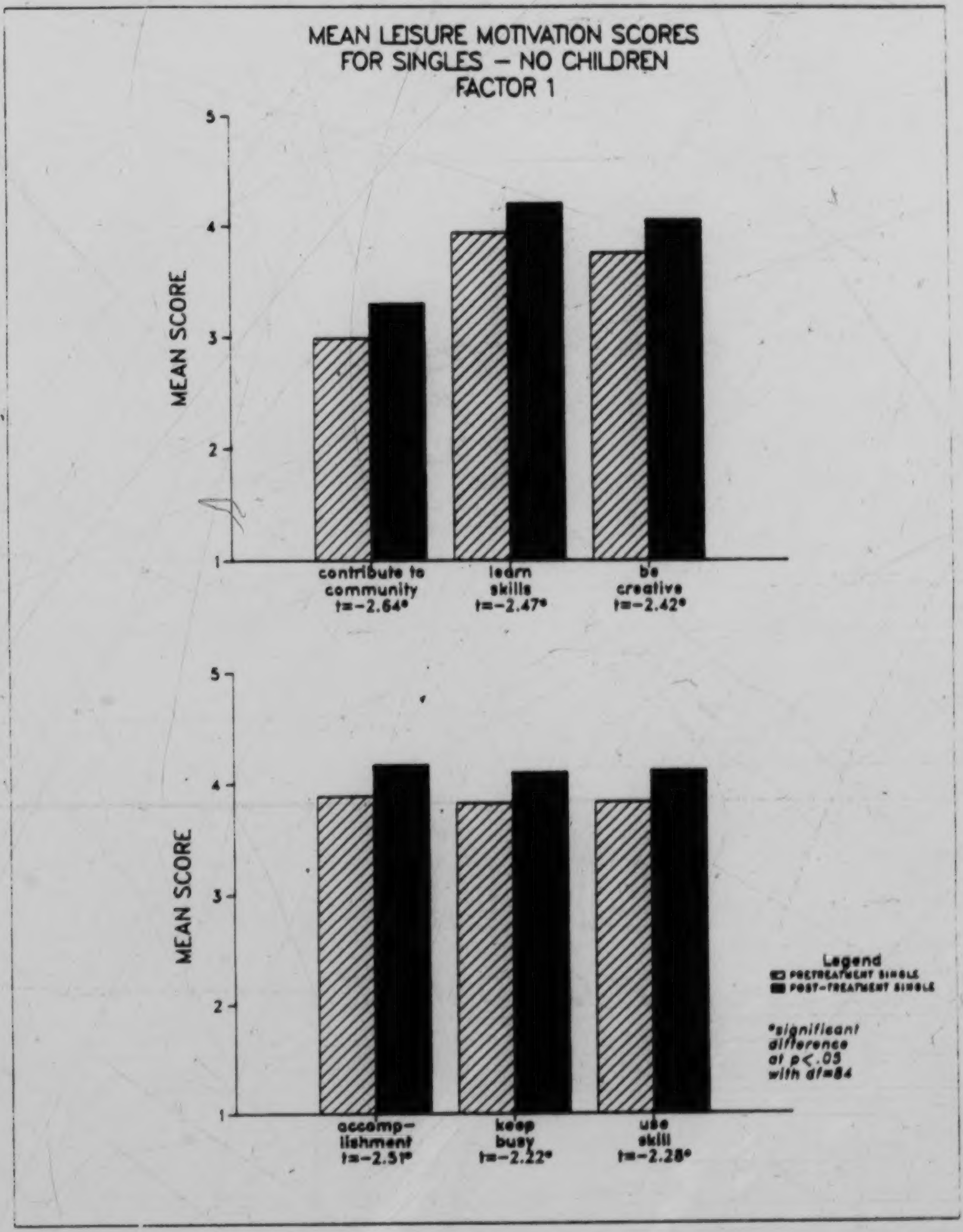


Figure IV.9 MEAN LEISURE MOTIVATION SCORES - SINGLE NO CHILDREN: FACTOR 1

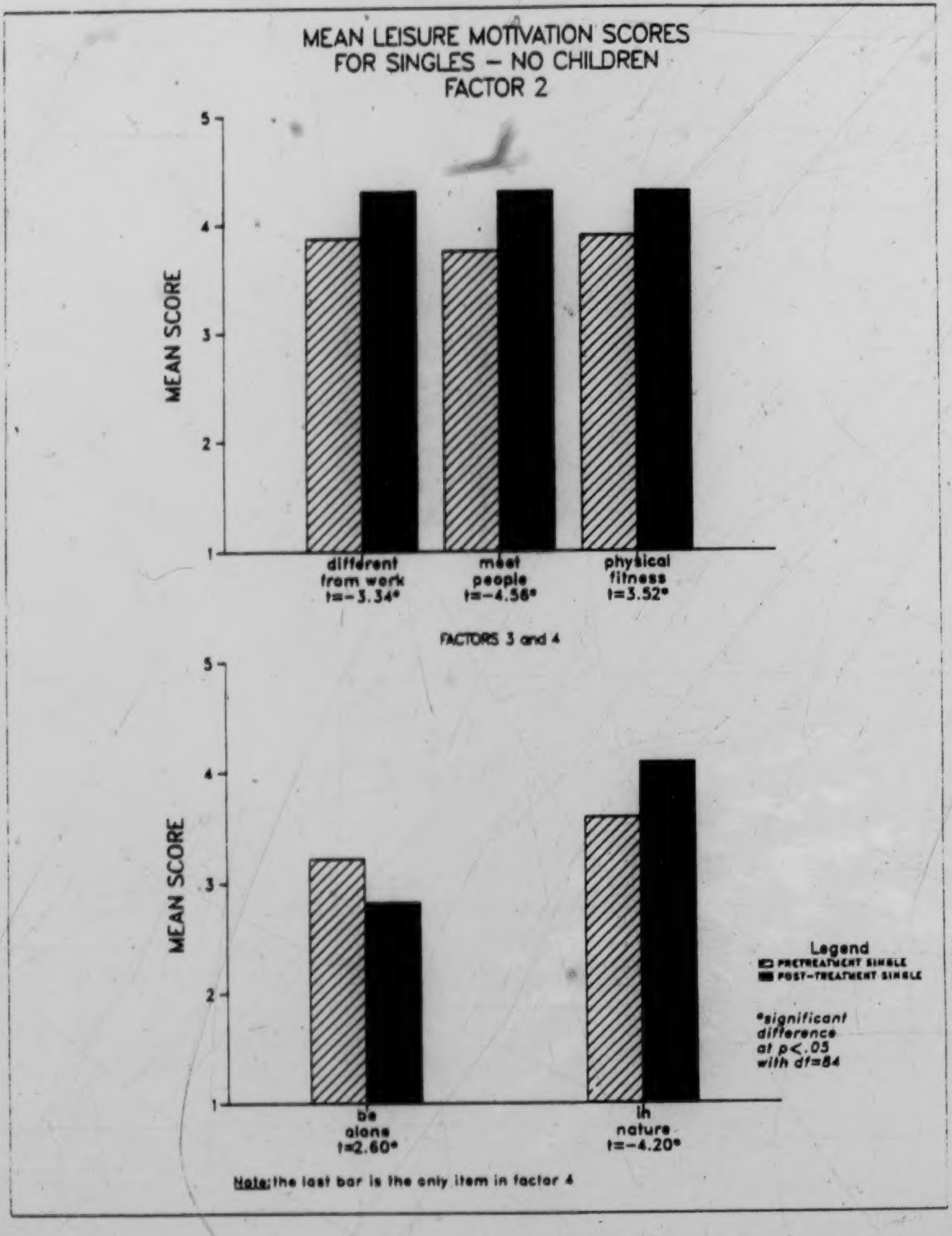
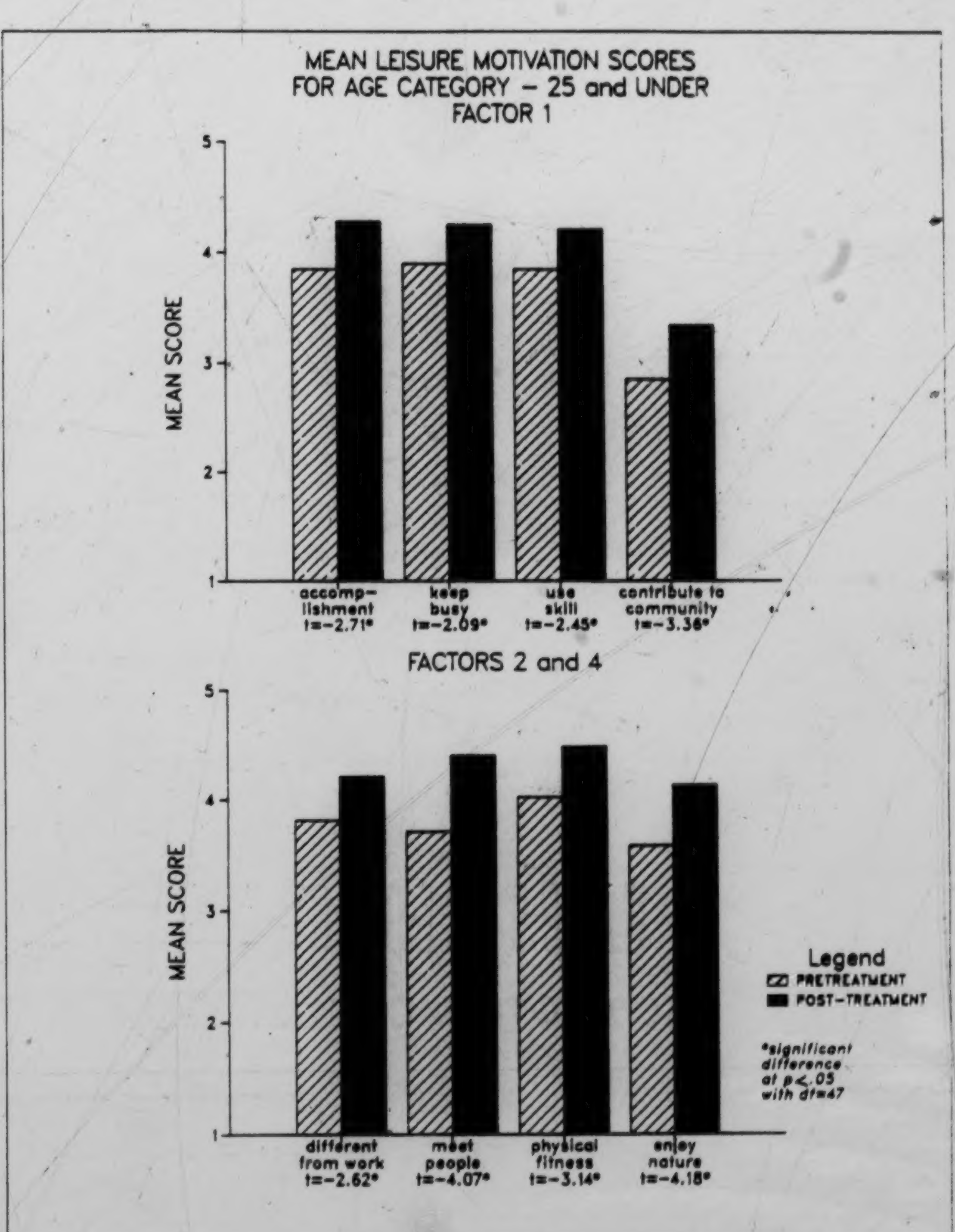


Figure IV.10 MEAN LEISURE MOTIVATION SCORES - SINGLE NO CHILDREN: FACTORS 2, 3, and 4



MEAN LEISURE MOTIVATION SCORES
FOR AGE CATEGORY – 25 and UNDER
FACTOR 1

FACTORS 2 and 4

Figure IV.11 MEAN LEISURE MOTIVATION SCORES - 25 AND UNDER : FACTOR 1

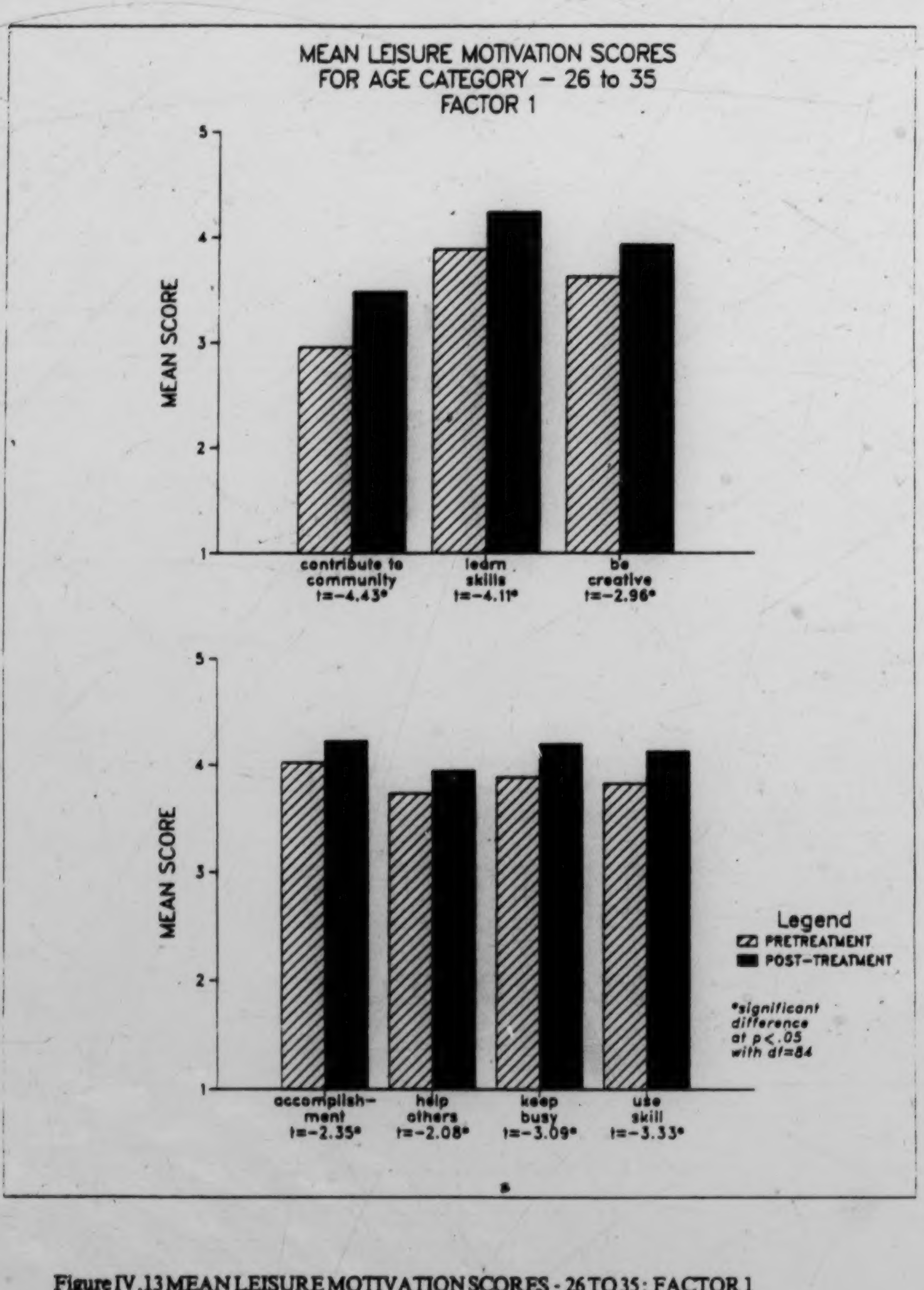


Figure IV.13 MEAN LEISURE MOTIVATION SCORES - 26 TO 35 : FACTOR 1

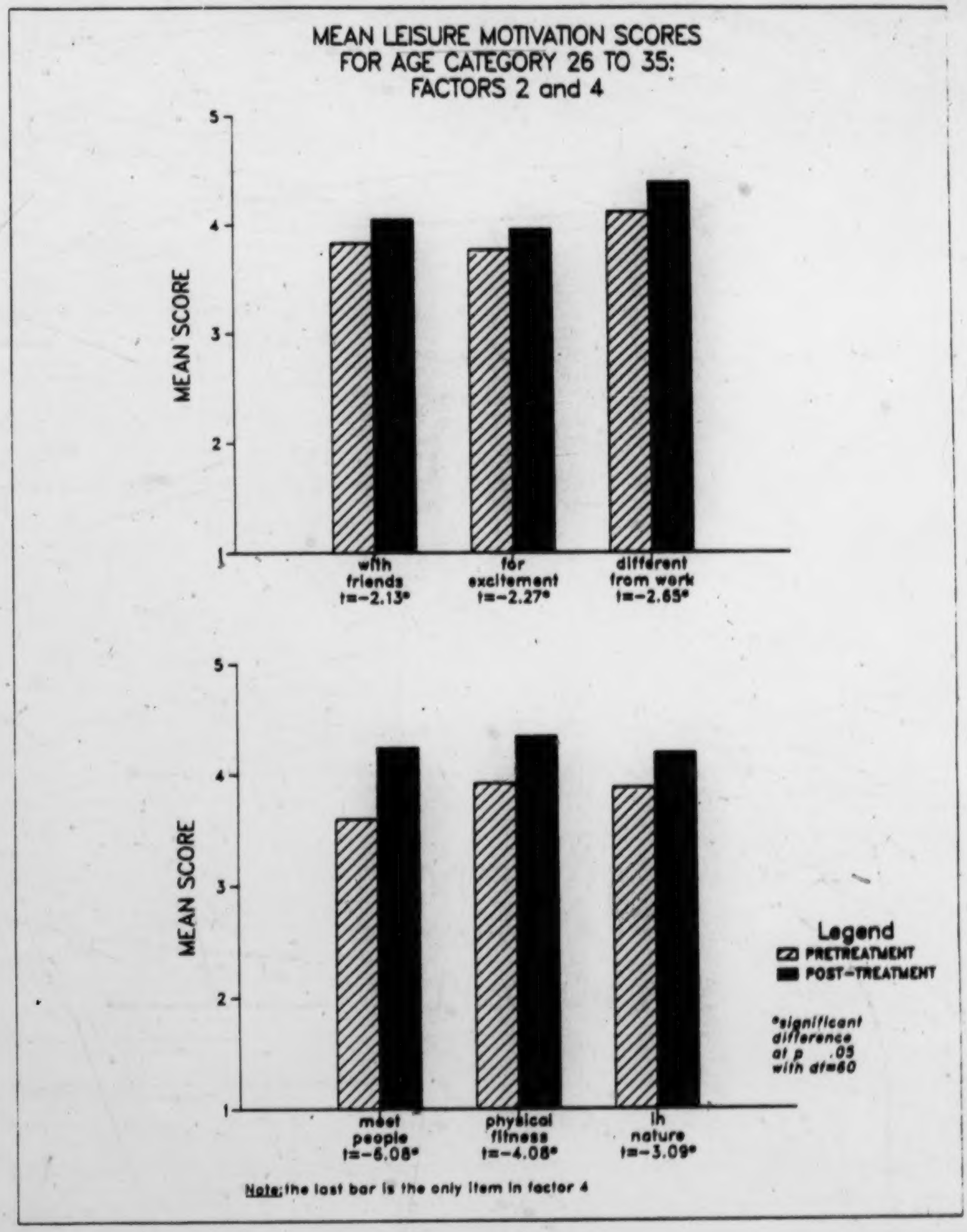


Figure IV.14 MEAN LEISURE MOTIVATION SCORE - 26 to 35: FACTORS 2 and 4

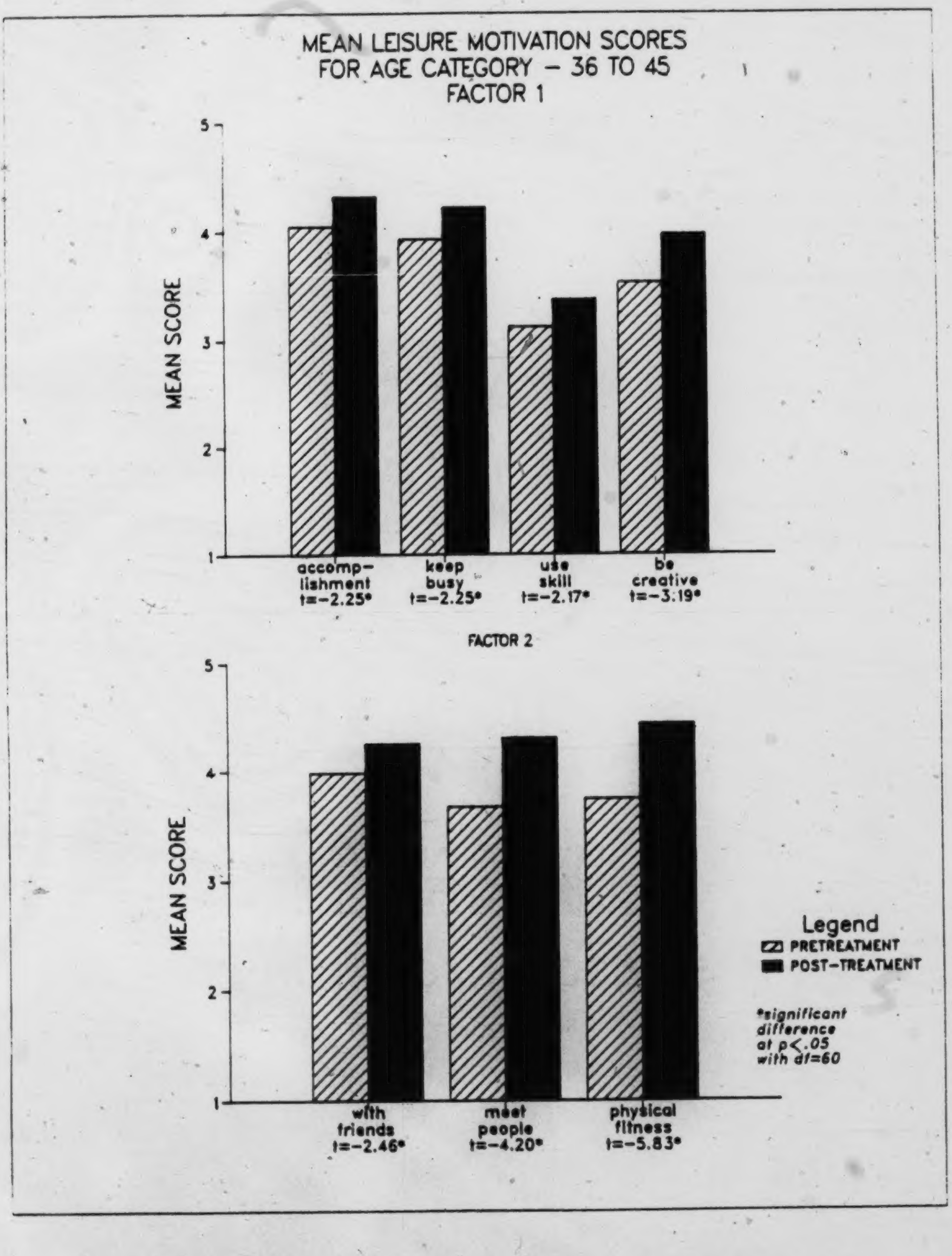


Figure IV.15 MEAN LEISURE MOTIVATION SCORES - 35 to 45 : FACTORS 1 and 2

DISCUSSION OF THE RESULTS

Treatment differentially affected the subcategories of the treatment population. Previous findings indicated that leisure pursuits have different relevance and meaning for the two genders. It is entirely feasible that people in different age categories and with different family status would also attach different meanings to their leisure time and pursuits. While these results suggest differences in the effects of treatment on the subcategories of the population, it is necessary to conduct further research in order to understand in greater detail the different perceptions of and attached meanings to leisure that the variety of subcategories of the population hold.

LEISURE SATISFACTION

The t test results for this particular section of the study did not lend support to the following proposition:

> There will be significant differences within the study population in the leisure satisfaction derived from leisure activities from the pretreatment and post-treatment components of the study population according to gender, family status, and age.

Generally speaking there was little difference between the results for the three subcategories of the population tested.

GENDER

There is only one difference between the the males only category and the study population for leisure satisfaction. The pretreatment mean for the item "my leisure activities have helped me develop close relationships with others" is approximately the same as the pretreatment mean for the overall population, but is significantly *lower* subsequent to treatment. In other words, the men who completed treatment experienced even less satisfaction with their close personal relationships subsequent to treatment. This could very well be because they no longer have alcohol to rely on as a social lubricant as well as an aid to becoming more transparent in their dealings with their friends. They may not have yet gained the skill necessary for developing close personal relationships without the crutch of alcohol. The women, on the other hand, experienced a significant increase in mean scores for all of the leisure satisfaction items measured (See figure IV-15 and IV-16).

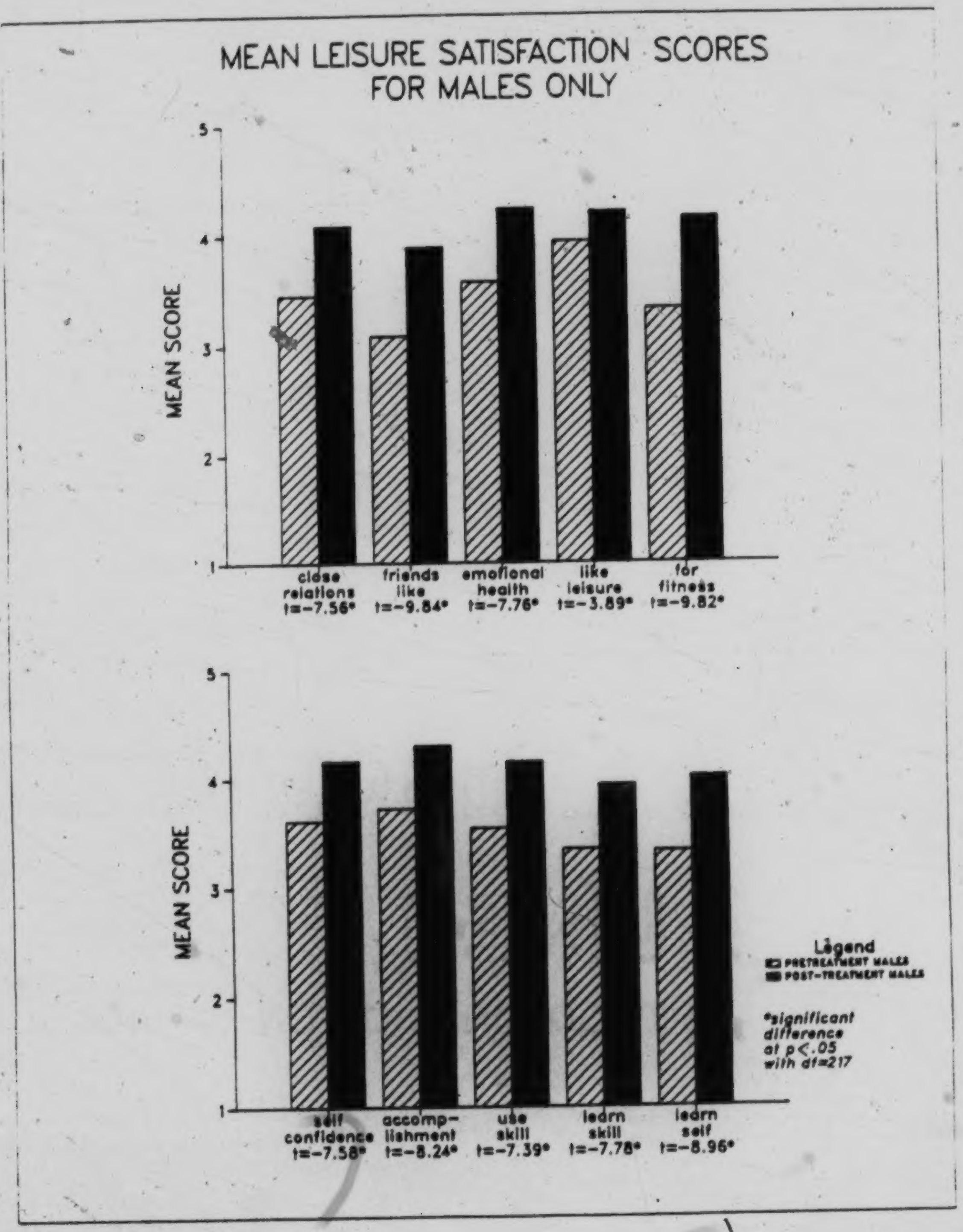


Figure IV.16 MEAN LEISURE SATISFACTION SCORES - MEN ONLY

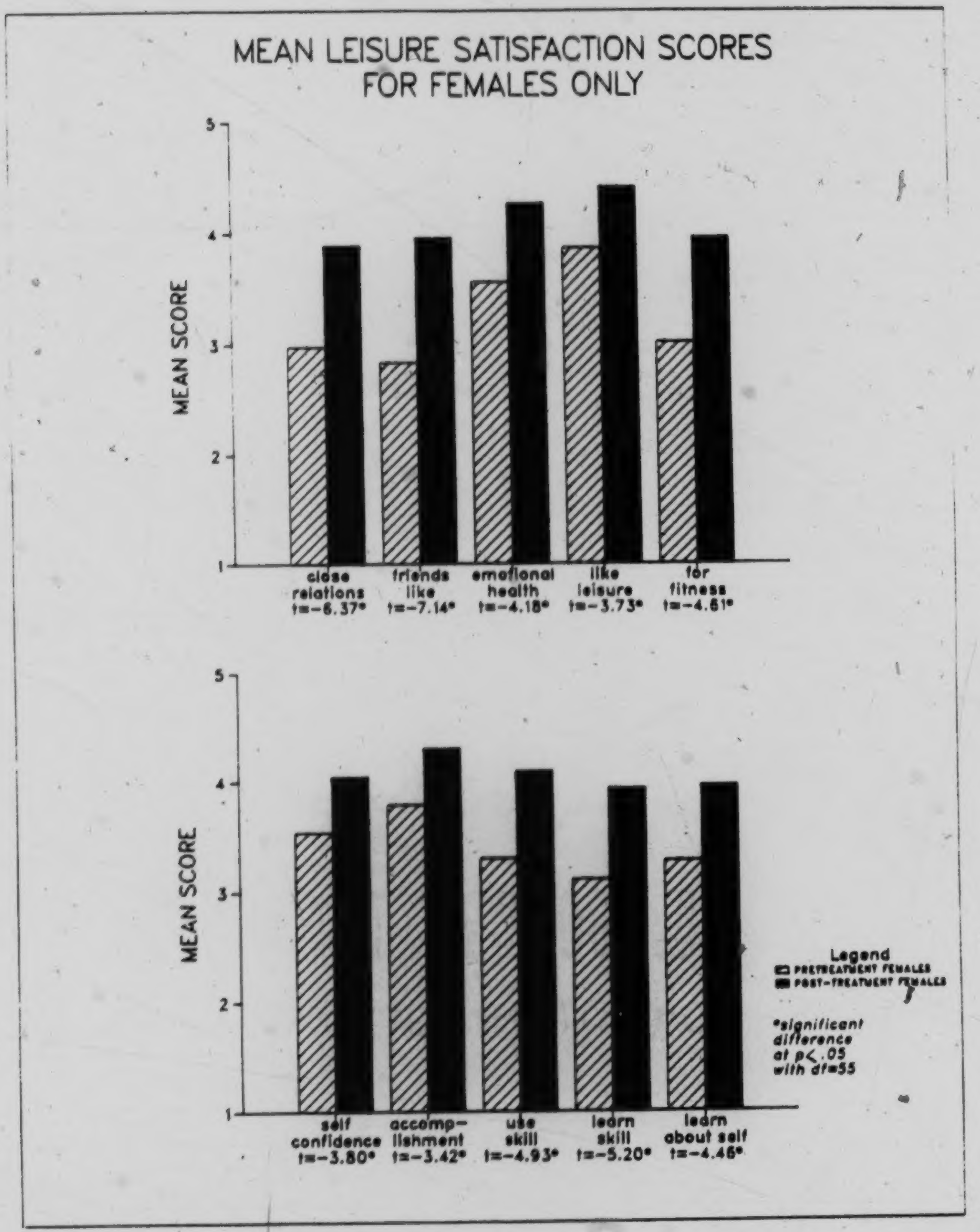


Figure IV.17 MEAN LEISURE SATISFACTION SCORES - WOMEN ONLY

FAMILY STATUS

The married with children subcategory of the population experienced a significant difference between means for all of the leisure satisfaction items excepting the item "I associate with people in my free time who enjoy doing leisure activites a great deal". The attained pretreatment mean score for this item is higher for the married with children subcategory than it is for the study population. The single with no children subcategory experienced a significantly higher level of satisfaction for all aspects of leisure satisfaction measured subsequent to treatment (see figure IV-17 and IV-18).

AGE

There are no differences between any of the age categories and the study population in terms of significant differences between the pretreatment and post-treatment means for the leisure satisfaction items. All age categories evidence a significant increase in the measured level of leisure satisfaction (See figures IV-19 through IV-21).

DISCUSSION OF THE RESULTS

Treatment differentially affects the subcategories of the treatment population. Although it seems that there is a general assumption that leisure meanings are universally shared among individuals or different social groups, it is entirely feasible that people in different age categories and with different family status would also attach different meanings to their leisure time and pursuits. While these results only suggest differences in the effects of treatment on the subcategories of the population, they do seem to suggest the need for research concerning perceptions of and attached meanings to leisure.

With regards to leisure satisfaction, there is very little difference, generally speaking, between the overall population and the subcategories of the population. It seems that the differences that might be present in terms of need areas for satisfaction in leisure for the various subcategories of the population may be masked by the almost overwhelming increase in leisure satisfaction in many of the subcategories for most of the items. Before differential treatment programs for subcategories of

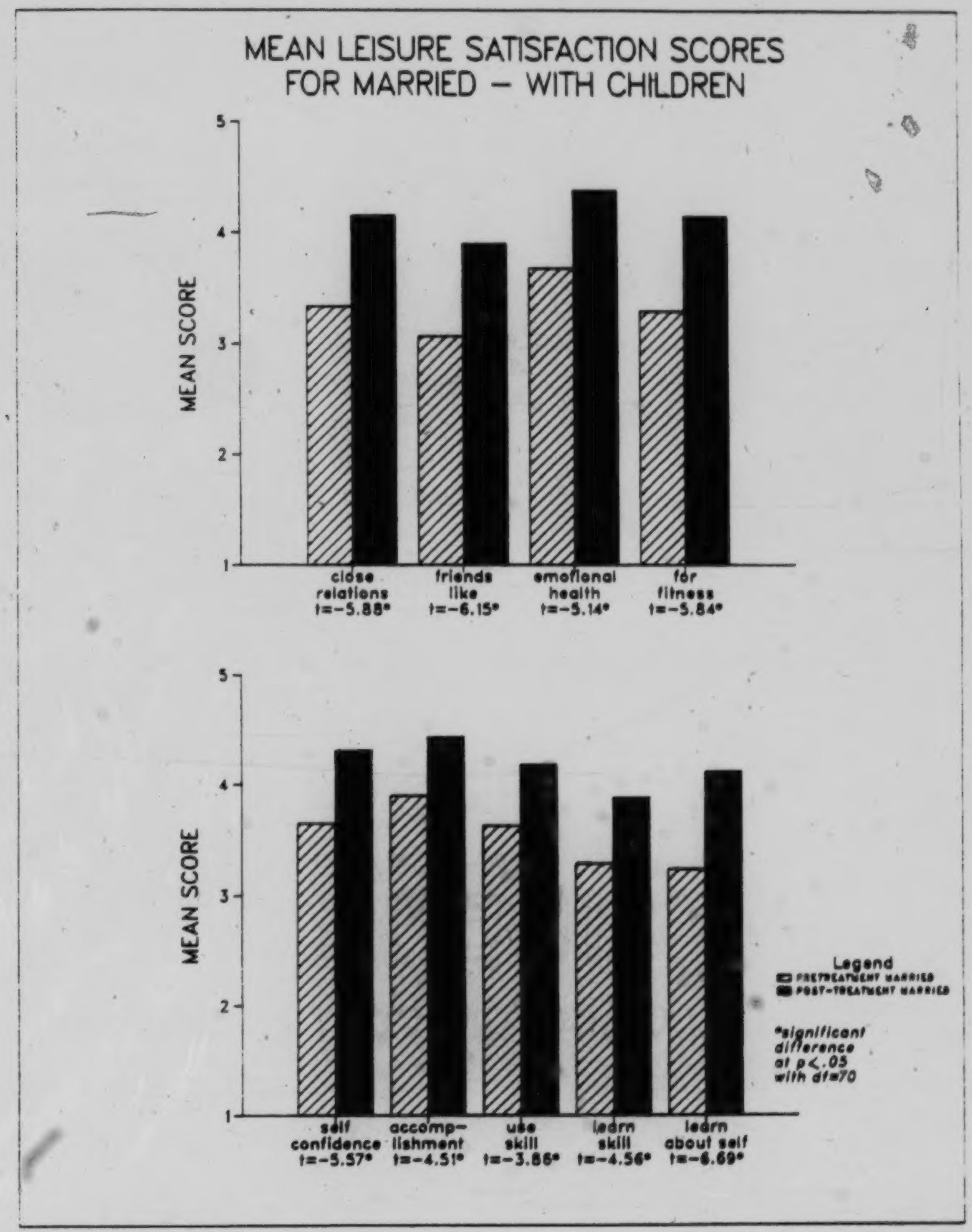


Figure IV.18 MEAN LEISURE SATISFACTION SCORES - MARRIED WITH CHILDREN

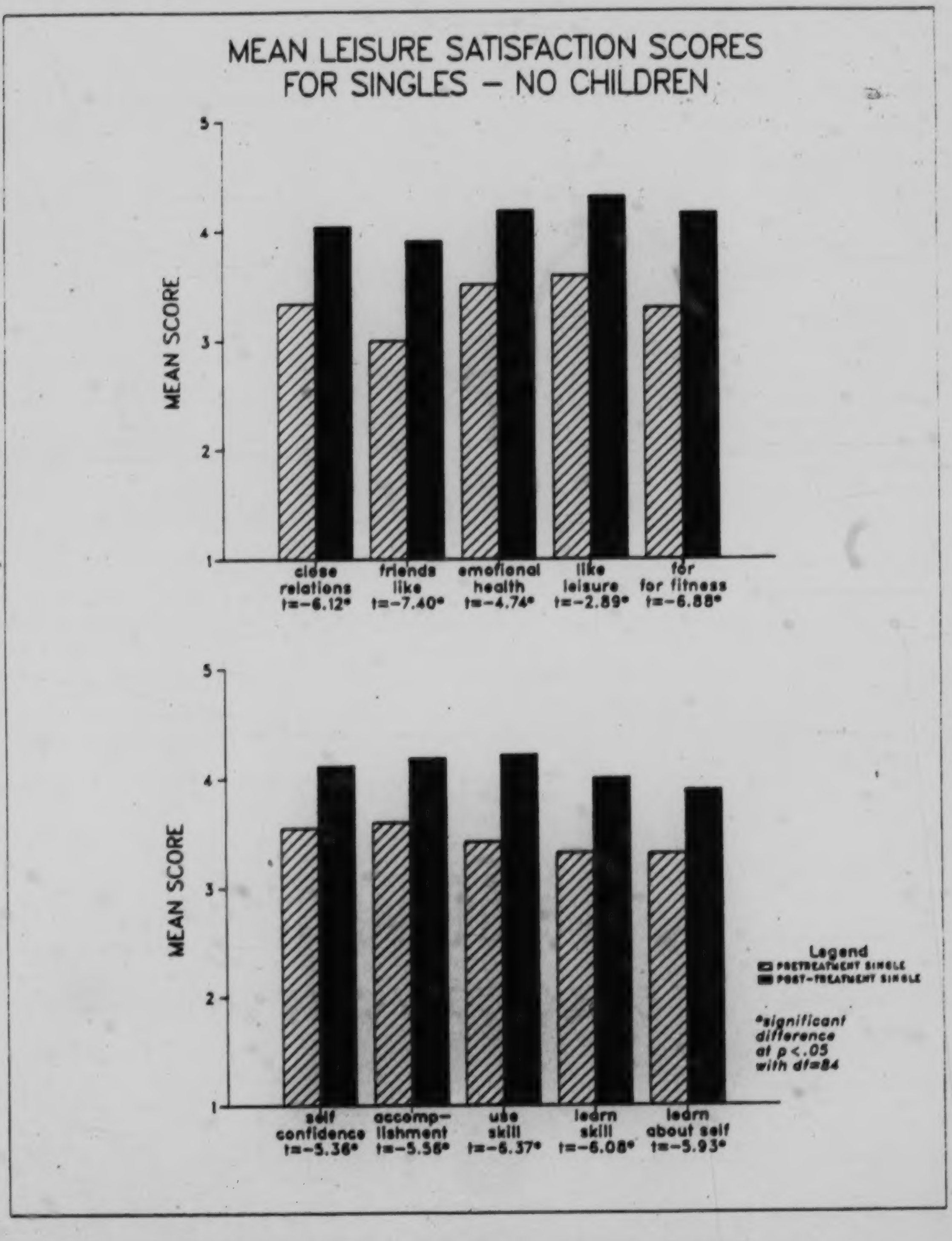


Figure IV.19 MEAN LEISURE SATISFACTION SCORES - SINGLE NO CHILDREN

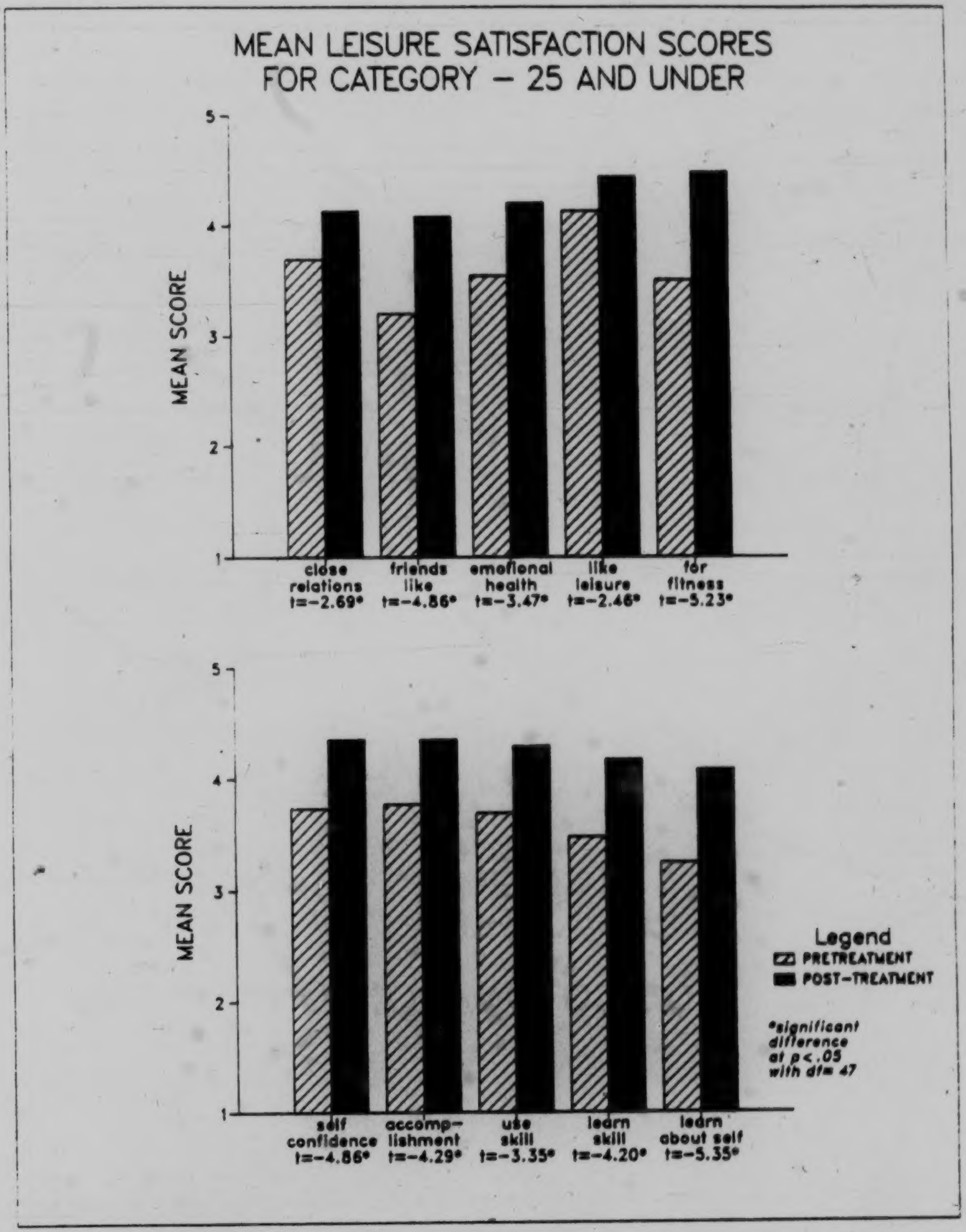


Figure IV.20 MEAN LEISURE SATISFACTION SCORES - 25 and UNDER

S

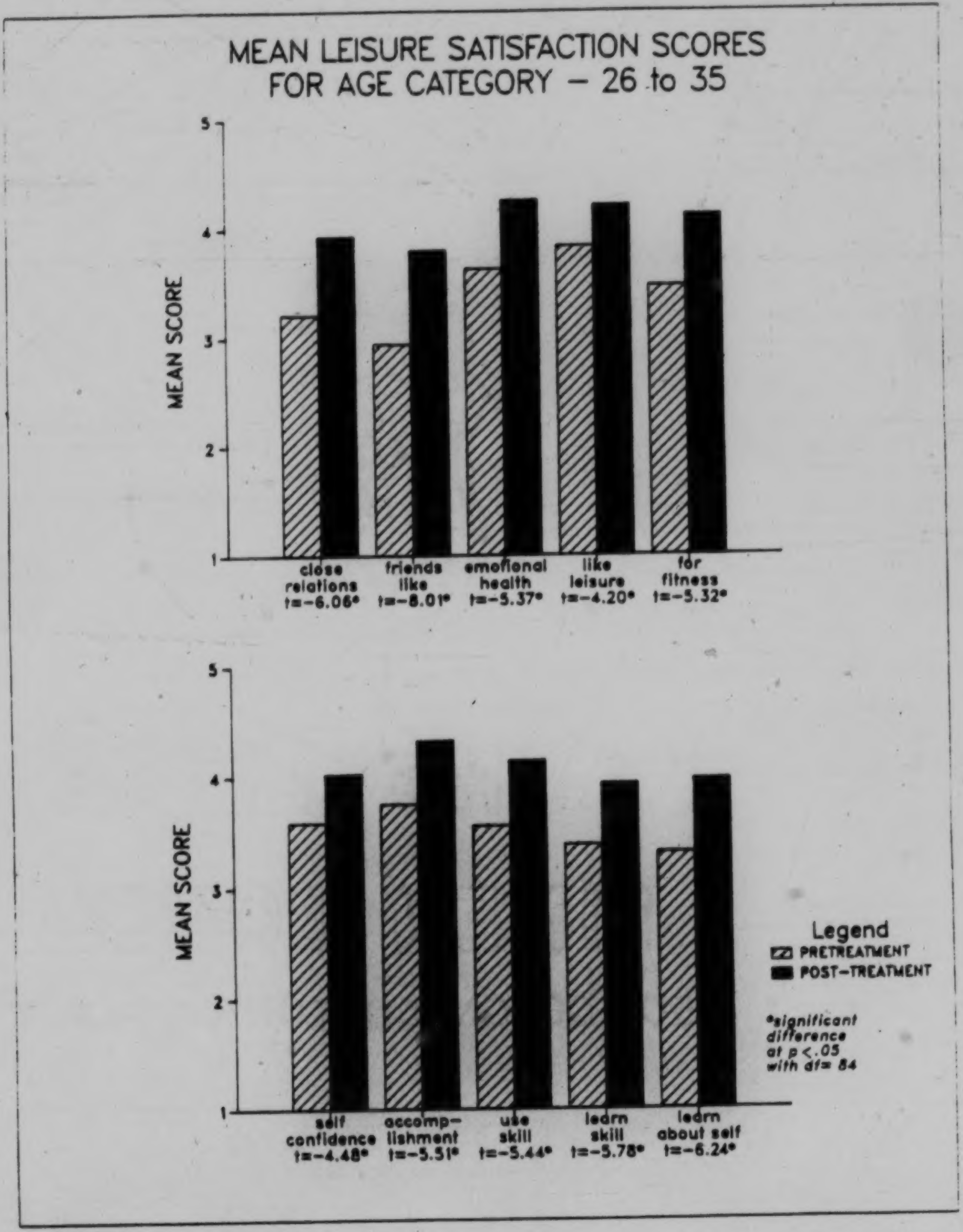


Figure IV.21 MEAN LEISURE SATISFACTION SCORES - 26 to 35

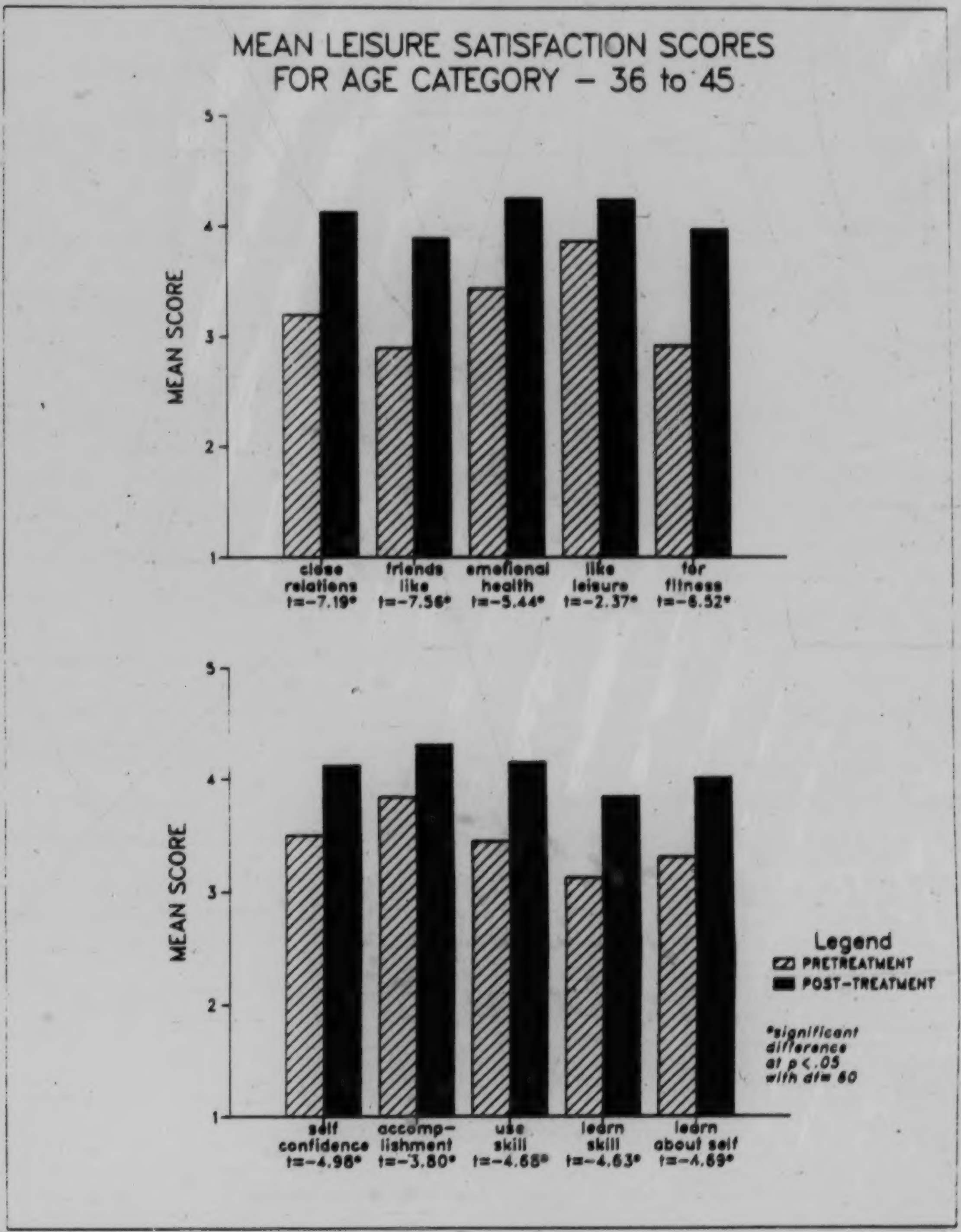


Figure IV.22 MEAN LEISURE SATISFACTION SCORES - 36 to 45

the population could be constructed, the different types of needs that leisure activities fill for the various subcategories would have to be researched. Again, this directive is also related to the need to develop a finer understanding of the value and relevance of leisure to women as opposed to men, to the married in the population as opposed to the single, and to those with children as opposed to those who were single and without children. The relationship between age and satisfaction derived from leisure also needs to be addressed.

Chapter V

SUMMARY, RECOMMENDATIONS AND CONCLUSIONS

A. SUMMARY

This study barely scratches the surface in building an understanding of the leisure lifestyle of the alcoholic. The single concrete finding of this study is that the leisure motivations, activities and satisfactions of the alcoholic do, in fact, differ from those of the wider population. Surprisingly enough, the leisure motivation of the alcoholic is significantly higher than that of the wider population. Their leisure activities pattern is, as was previously documented, characteristically more passive and their experienced level of satisfaction with their leisure is significantly lower. Treatment served to increase both their leisure motivation as well as their satisfaction, but did not appear to affect their leisure behavior.

Alcoholics were found to regard being helpful and exhibiting competence as significantly more important reasons for being involved in leisure pursuits than did the wider population. Being helpful and exhibiting competence seem to be ways in which alcoholics may seek approval and recognition in their leisure. Acting in such a way that pleases the significant other is also a subtle and powerful way of controling that other person. Post-treatment results seem to indicate that, subsequent to treatment, the alcoholics' leisure behavior was more intrinsically motivated than it was before treatment. That is, they seem to be involved in the activity for the sake of the activity or for themselves rather than for the sake of some other directed reason. Pretreatment and post-treatment results indicated that team sports were preferred over solo performance sports. Games that had a social rather than a fitness orientation were favoured, as were goal oriented, structured events over process oriented or unstructured events. A significantly lower level of participation in crafts and hobbies was found in the alcoholics' leisure pattern than in the wider population's pattern. The level of satisfaction experienced by the alcoholics surveyed was significantly lower than the level of satisfaction reported by those of the wider population surveyed. It was not possible to gain a detailed insight into why the alcoholic's leisure behavior is characteristically more passive due to the methods used to collect the data. The reason for the passive behavior was clearly not due to lack of leisure motivation. The reason may, however, be due to barriers of a physical or psychological nature, or both. Passive leisure patterns may be due to lack of time, money, facilities, social contacts, courage, skill, or a sense of competence. It seems then, that the next logical step in the systematic investigation of the alcoholic's leisure lifestyle is to study the barriers to leisure that alcoholics experience. It is clear that the alcoholic's leisure motivations, activities, and satisfactions differ from those of the wider population, but it is not clear *why* this is so. A more in-depth study is needed to clarify the leisure experience of the alcoholic as well as the differential experiences of leisure of the various subgroups of the alcoholic population. These subgroups are determined by social class, marital and family situation, employment status and type of occupation, as well as individual factors which all may affect the availability of leisure and the manner and circumstances under which leisure is experienced. A greater understanding of the role of leisure in the lives of alcoholics is not only necessary for the formulation of a theoretical framework, but is also an important basis for effecting change. Leisure is an important contributor to the quality of a person's life. Becoming more informed about the experience of leisure in a person's life is one avenue to helping the individual to change the quality of his or her life in a way that precludes the use of alcohol and which also serves to supply the type of self-experience that the individual is seeking.

B. RECOMMENDATIONS

In summarizing the results of the study and in contemplating meanings of the results, several directions for further study become evident. As well, several practical recommendations for the restructuring of the treatment program become apparent. Most importantly, however, recommendations of a methodological nature seem to be, at least to this author, of primary importance at this point in time.

METHODOLOGICAL CONSIDERATIONS

In order to better understand how the leisure lifestyle of the alcoholic is experienced, according to the alcoholic, a change in the method employed to gather data must first be effected. Rather than continuing with the quantitative, paper and pencil survey method of research, a more qualitative approach would be useful as a means of gaining insight into the perception of leisure held by the alcoholic. This perception of leisure may, in fact, differ from that held by the wider population. Moreover, the various subgroups of the alcoholic population may also hold differential perceptions of leisure or at least experience it differentially according to life situations, such as education level, access to transportation, necessity to care for dependents, marriage and divorce, and the effects of the aging process. These factors are, according to Deem (1986) "all extremely important in shaping leisure" (p. 177). With these points in mind, it may well be that the particular conclusions from the present study are more in line with the writer's view of the world than with the experience of the subjects studied. Thus, in order to build an accurate theoretical framework for understanding the alcoholic's experience of leisure - not as a researcher would understand it, but rather as the alcoholic himself or herself would define it - ethnographic methods of research are more appropriate than quantitative ones.

In addition, however, an ideal research project which involves alcoholics would also have to involve an observational component. Alcoholics lie to every one, including themselves. Thus, any research that only asks for the alcohlics perception of self is clearly inadequate. Research that involves non-participant observation of behavior is clearly called for in research which is conducted with the express purpose of examining the alcohlic's lifestyle.

FUTURE RESEARCH

There are a number of directions that future research could take. The following questions represent some of the directions that could, indeed, be fruitful in terms of focusing and guiding treatment efforts. Do consumptive or goal specific activities yield less satisfaction than do non-consumptive activities for which there is no single criterion on which evaluation hinges? Is an intense involvement in a particular activity or the experience of a wide range of activity types more highly correlated with leisure satisfaction? What is the relationship between activities undertaken, motivations for leisure held, and level of satisfaction with leisure experienced? What kinds of barriers to leisure do alcoholics experience and do they systematically differ from those that the wider population experience? What are the intervening variables that prevent leisure motivation from translating into action? What role does the alcoholic's level of self-esteem play in the translation of motivation into action concerning specific types of leisure activities? More specifically, what is the role that the social group effect has on the leisure activities of the alcoholic? These are but a few of the questions that could be addressed which, if answered, would lead, not only to a better understanding of the types of activities that need to be encouraged and the barriers that need to be dealt with in treatment, but would also further our understanding of the concept of leisure itself.

PROGRAMMING CONSIDERATIONS

Recommendations of a practical nature may also be derived from the results of the present study. According to the findings, treatment programs for alcoholics with a recreational therapy component should place a greater emphasis on helping the client learn how to establish new contacts and networks such that the client would be able to develop his or her own friendships with people who have similar leisure desires and goals. The lack of appropriate contacts for active involvement in leisure pursuits seems to be a problem for recovering alcoholics. The clients in treatment at Henwood are now encouraged to establish plans for life after treatment in Henwood. In addition to such encouragement, however, the client should be required to take tangible steps towards making new contacts while still in treatment. Guidance in terms of available resources in the communities from which the clients come should be provided along with practice sessions geared towards enabling the client to establish new contacts and networks. In addition, resources such as the "Leisure PREF" computer program and the "The Fun Pages" (Edmunds & Balser, in press) are two good leisure resource identifiers which recreation therapists could use to help guide their clients to the most appropriate resources available. The Leisure PREF is an easy to take micro computer survey of leisure interests. It helps the taker identify his or her degree of interest in 92 activities and then categorizes and interprets the resulting scores. "The Fun Pages" identify clubs, establishments, foundations and the like through which a variety of leisure activities are taught or practiced. It is complete with addresses, telephone numbers, and contact names. A change in behavior starts with doing something different rather than merely talking about it. "Take your body and your feelings will follow" is a very popular saying in A.A. groups. The same is true for becoming involved in new leisure pursuits. Making plans to do something new is only the first step of many. Establishing contacts and actually getting to the event and staying involved over the long term is yet another matter. Staying sober is not only easier when the alcohlic is involved in activities which can potentially meet some of the needs that alcohol was meeting, but it is also a whole lot more fun.

A second modification of the treatment program at Henwood could include a change in the required recreational component of each client's treatment program. Instead of being allowed to freely choose the required recreational activity for the day, each person should be required to make three of the five weekly activities an aerobic activity. The positive benefits of physical activity were cited in the review of the literature. The significant increase in the clients leisure motivation to become involved in recreational pursuits for the sake of becoming physically fit is indicated in the results, while actual behavior change does not transpire. Thus, perhaps what is needed is a more direct form of "gentle persuasion" in order to help the client translate interest into action. If active physical recreational activities are a required part of life in an active treatment setting, perhaps, then, physically active leisure pursuits may more readily become part of the recovering alcoholic's leisure lifestyle subsequent to treatment.

The introduction of board games to the repertoire of activities engaged in at the treatment center would also be an appropriate leisure activity to encourage the clients to engage in. Games have specific rules, planes, elements, and ends. This is not the case with most field games. Moreover, there is less personal involvement in a board game than there is in a field game. Pawns which represent the player introduce a distancing effect such that it is the pawn rather than the player which is the loser. This effect, along with the element of chance which is part of most board games, provides an excuse for failure. Moreover, board games provide social diversion which does not need to be supported by alcohol. Board games are entertaining and have an element of social interaction. They can be done on the spur of the moment or in one block of time. Most board games do not require specialized skills or a great deal of physical exertion. Board games could, therefore, replace watching television and listening to the radio and probably provide an activity which would allow for greater self-expression as well as being more conducive to building self-esteem within the player. These types of games are definitely more active and sociable in nature than are television watching and listening to music. Moreover, in comparison to other games, there is a very low level of threat in a board game. In addition, board games, along with "fun and fantasy", have "payoffs" which include:

1. socialization with a minimum of tension and anxiety;
2. an alternate way to alcohol of dealing with anxiety, depression, anger, frustration, and the like;
3. escape from life situations which cause tension;
4. relaxation; and
5. adventure and opportunities for self-expression (Sheridan, 1976, p. 25).

Board games, then, would be a great source of entertainment which would be more active and creative than activities which entertain or amuse but do not involve the player.

THE LEISURE PHENOMENON AND ALCOHOLISM

Alcoholism manifests itself more often in leisure than at work or in concert with obligated personal or family time. Moreover, therapeutic recreation is included as part of treatment at all of A.A.D.A.C.'s residential and day programs. The inclusion of therapeutic recreation, with its aim to develop and maintain the "expression of an appropriate leisure lifestyle" (Peterson, 1984, p. 4), would seem to imply that the leisure lifestyle of the alcohlic is inappropriate. Peterson's (1984) explanation of therapeutic recreation implies that improving the quality of a person's life may be accomplished not only by providing leisure activities, but also by providing educative leisure services that are positive, influential, and comprehensive such that the place that recreation has in a balanced lifestyle is realized. Involvement in recreational activities contribures to the development and maintenance of balance in a person's life. In the Henwood program, the development of such a balance is continually stressed. The close knit community spirit that develops, along with the fact that the clients are getting three good meals a day, a good night's rest each night, and at least an hour's worth of recreation each day, creates a condition which is known as the "Henwood high". The clients leave the program feeling fairly satisfied with several areas of their lives. Leisure is the sphere of the client's life in which alcohol is first used and abused. It could, then, erroneously be assumed that alcoholism is primarily and principally a leisure phenomenon.

Leisure is certainly the period of time in a person's life that alcoholism is initiated and maintained. The problem, however, is much more than a case of mismanaged leisure. Alcohlism has many purpoted root causes, but as a general statement, the development of alcoholism seems to be related to a sense of a lack of competence and self-esteem along with an inability to deal with anxiety, frustration and/or anger in a healthy manner. These states may precede or only be a consequence of the alcoholism. The symptom of these problems - abusive use of alcohol - manifests itself in leisure before it ever becomes evident in other spheres of the alcoholic's life. This does not, however, imply that the root of the problem is mismanaged leisure. On the other hand, it is not neccesarily true that the activities pursued in leisure will not aid the recovering alcoholic to find alternative ways and means of dealing with the stresses and anxiety that seem to be at the root of abusive use of alcohol.

Whatever the cause of alcoholism, it may be that teaching the alcoholic to use his or her leisure time constructively will aid the recovering alcohlic to stay sober. Recreation can add spice to the sober life. Moreover, many recreational pursuits may be ideally suited to venting anger or even avoiding problems for a while. If this is true, then it would also be a natural progression to attempt an application of the results of this study in the prevention of alcoholism.

THE LEISURE PHENOMENON AND LEISURE

Reading , writing, and arithmetic are considered to be the basics in the school curriculum. This writer would propose, however, that recreation should be added to the list of teachable subjects and that leisure education should be considered a core course as well. The children in our present school system are arguably taught the neccesary skills to become employed in the work world. They are not, however, taught how to cope with the everyday stresses of work life in general. A course that teaches recreation skills, as well as the place that recreation has in a balanced and satisfying life, should, therefore, be part of every school curriculum. Alcohol is often used to deal with stress and anger. When it is used as a means to achieve an end that it cannot, alcoholism develops. With some alcoholics, just having a first taste is enough to start them on the downward spiraling progression of alcoholism. For some potential alcoholics, however, instruction in alternative ways of venting and dealing with anger could possibly hinder or prevent the development of alcoholism. Skills for dealing positively with the situations which are causing anger, anxiety, and/or frustrations are also very neccesary; but the value of utilizing recreational activities as an effective, immediate short term solution needs to be recognized. If a person were to learn to talk it out, go for a run, paint, sketch, knit, smack a tennis ball or raquetball around, take a steaming hot bubble bath, go for a bike ride, lift weights or go for a swim instead of drinking whenever he or she is angry or feels like drowning sorrows, the development of alcoholism would be hindered. Moreover, such a pattern would lead to self-discovery, health or a more positive sense of self-esteem, rather than progress down the inevitable and increasingly ugly road of alcoholism.

In addition to self-discovery or the development of health, in a very general way, recreation (or more specifically, games,) plays a part in personality development. "Games ... offer to all an immediate means of participation in the full life of a society, such as no single role or job can offer to anyone" (McLuhan, 1964, p. 208). Bammel and Bammel (1982) indicate that games teach people to play roles that are very different from their everyday personalities. "In games we learn to play 'winner' or 'loser' as well as 'bluffer', 'bargainer', 'communicator', 'leader', and an endless array of lesser roles" (p. 77). Games teach people to be competitors or collaborators as well as how to handle stress. "In moments of artificial stress, we role play the the handling of stress in our personal lives" (p.77).

Different games, be they board games, athletic games, or personal games, have differen qualities and characteristics and can, therefore, fulfill different needs and objectives. Thus, activity analysis is very useful when games or other leisure activities are to be used with specific ends in mind. Activity analysis is a procedure which is used to break down and examine an activity for its inherent characteristics. This particular tool allows for the breaking down of an activity into its component parts such that a planner can better understand an activity and its possible contributions to the objectives of a program. In this way, the planner can choose activities which will best meet the needs of the participants and the objectives of the program. This would also be the case for the leisure educator. Instead of establishing programs, however, the leisure educator would be counselling or educating his or her clients concerning the stated needs of the client, the attributes of various leisure activities and, their ability to fulfill the specific needs of the client. Leisure activities which would lend balance to the client's life could be recommended. If, for example, a socially oriented person enjoys physically active pursuits and is presently involved in a work situation that requires him or her to spend many sedentary and solitary hours in order to accomplish the requirements of the job, it could be recommended that the person involve himself or herself in a team sport. If the person does not mind being involved in an organized activity that occurs at a specific time and place, then such an activity could meet the expressed needs for both physical activity and social contact. When needs which cannot be met in work are fulfilled in leisure then balance is achieved and often a greater sense of satisfaction with life is maintained. This scenario seems to enable a person to deal more effectively with the inevitable stresses and problems that life has to offer.

Recreational activities can often become sources of social contact, outlets for pent-up anger, a release for stress, and a means to physical exercise and/or relaxation. Every person has a need to gain a sense of accomplishment, to feel important, to express affection, and to have fun. Each of these needs can be fulfilled through a variety of activites. Unless a person has a fairly wide repertoire of skills and activities through which he or she can get these needs met, at least at play if not at work, that person could fall into the pattern of using alcohol to meet one or all of these needs at various times. Thus, it seems, at least to this writer, that the development of a wide ranging repertoire of activities and skills, including and especially those in the realm of leisure, could prove to be a significant means of preventing the development of alcoholism. Promoting lifestyles which are characterized by wellness - health of body, mind, and spirit - may be a positive step in the prevention of alcoholism. Leisure is an avenue through which wellness may be achieved.

C. CONCLUSION

Leisure is a continuing factor in a person's life from birth through death. High rates of job turn-over and unemployment, as well as early retirement and repetitive job content, do not necessarily allow for the expression of competence in the work place. Competence, however, can never be demonstrated passively. Active leisure, however, can allow for the development and expression of competence. Thus, the role of a recreation therapist should include the introduction and teaching of leisure skills which lead to personal competence as defined by Low (1977a):

> 1) The ability to establish motivation, purpose and purposefulness; 2) the ability to wisely construct or formulate and oversee the action - development instructions; and 3) the ability to carry out the action by developing or securing the necessary skills or resources (p. 41).

The recreation therapist must also engender the conviction that competency in leisure or games and hobbies is worthwhile. Recreation therapists must fight the 'its only a game' mentality. The satisfaction that a person derives from being competent depends upon 1) the degree to which competence is experienced, as well as 2) the social worth of the competence experienced. Rather than drinking in order to experience competence and/or to control one's feeling state, the individual could involve himself or herself in active recreational pursuits. Thus, the healthy integration and functioning of the individual with the larger environment could be improved rather than damaged. The desired outcome of alcohol use is often a positive self-experience or a feeling of well-being. Alcohol abuse cannot, in the long run, lead to such a state. Active leisure pursuits, however, are clearly a viable means to such an end, especially if the leisure activities in the treatment program are delivered in a manner which builds, within the clients, the following strengths:

1. confidence,
2. assertiveness,
3. self-esteem,
4. social skill,
5. self-love, and
6. a sense of autonomy.

As Ani (1986) states, leisure activities "provide clients with an ideal vehicle to work on some of the original causes of their addiction, to set their own pace, and to build self-confidence in a non-threatening way, to feel good about themselves (self-esteem) and to give them a sense of being in control of their lives" (p. 6). Considering the dependency needs of the alcoholic (the source of control and evaluation is fixed in others) as well as the fact that an alcoholic is unable to drink according to intention (there is no sense of freedom for one controlled by the bottle), it is not surprising that the alcoholic does not experience a great deal of leisure. The goal for the recreation component of any alcohol abuse treatment program is, therefore, to help the clients reconstruct their lives in such a way that they do experience intrinsically motivated or satisfying leisure. Satisfying leisure experiences may or may not prevent the development of alcoholism or help an alcoholic maintain sobriety. Leisure definitely can, however, add interest and fun to the sober life.

SELECTED BIBLIOGRAPHY

Alberta Recreation and Parks (1982). *A Look at leisure: Results of the 1981 survey on recreation,* Alberta Recreation and Parks, Recreation Development Division, Planning and Support Branch.

Alberta Recreation and Parks (1985). *A Look at leisure: Results of the 1984 survey on recreation* , Alberta Recreation and Parks, Recreation Development Division, Planning and Support Branch.

American Psychiatric Association (1987). *Diagnostic and statistical manual for mental disorders* (3rd ed. - Revised). Washington, DC: Author.

Ani, G. (1987). "Leisure and recreation therapy." *Developments*, vol.7, no. 5, June/July.

Armstrong, J.D. (1958). "Search for the alcoholic personality in understanding alcoholism." *Ann. Am. Acad. Pol. Soc. Sci.*vol. 135. pp 40-47.

Bacon, M.K., Barry, H., and Child I.L. (1965). "A cross cultural study of drinking II: Relation to other features of culture." *Quarterly Studies on Alcohol* vol. 3, pp.29-48.

Bailyn, L. (1970). "Career orientations of husbands and wives in relation to marital happiness." *Human Relations* ,vol. 23 pp. 97-113.

Bammel, G., Bammel L. (1982). *Leisure and human behavior* Dubuque, Iowa: W.M. C. Brown Company Publishers.

Bell, R.,Havlicek,P.,Roncek,.d. (1984). "Sex differences in the use of alcohol and tranquilizers." *American Journal of Drug and Alcohol Abuse*, vol. 10, no.4 pp.551-556.

Bepco, C. (1985). *The responsibility trap: A blueprint for treating the alcoholic family.*New York: The Free Press.

Berg, C. and Neulinger, J. (1976). "Alcoholic's perceptions of leisure." *Journal of Studies on Alcohol,* Vol. 37, no. 11.

Blane, H.T. (1968). *The personality of the alcoholic: Guise of dependency.* New York: Harper and Row.

Blum, E.V. (1966). "Psychoanalytic views on alcoholism."*Quarterly Journal of Studies on Alcoholism.* vol. 27, pp. 59-299.

Bowker, L. (1977). *Drug and alcohol use among american women, old and young: Sexual oppression and other themes.* San Francisco: R. & E. Research.

Brightbill, C.K. (1961). *Man and leisure: A philosophy of recreation* Englewood Cliffs, N.J.: Prentice Hall.

Berlyne, C. (1970) in Deci, E. *Intrinsic motivation* New York: Plenum Press.

Berlyne, C. (1960). *Conflict, arousal, and curiosity* New York: Mcgraw-Hill.

Bowerman, A., and Edmunds, R. (1988) *The Fun Book* in press.

Brayley, R. (1986). "Leisure defined." in *Recreation Alberta* vol. 5, # 5, September/October.

Bregha, F.(1980). "Philosophy of leisure: unanswered questions." *Recreation Research Review*, July, 15-19.

Campbell, A., Converse, P., Rodgers, W. (1976). *The quality of american life: Perceptions, evaluations, and satisfactions.* New York: Russell Sage Foundation.

Caplan, F., Caplan, T. (1974). *The power of play.* Anchor Books, New York: Anchor Press/Double Day.

Christiansen, K.O. "The genesis of aggressive criminality: Implications of a study of crime in a danish twin study", in J. Dewit & W.W. Hartup (Eds.) *Determinants and origins of aggressive behavior.* Paris: The Hague.

Cloninger, C.R., Christiansen, K.O., Reich, Theodore, and Gottesman, I. (1978). "Implications of sex differences in the prevalences of anti-social personality, alcoholism and criminality for familial transmission." *Archives of General Psychiatry.* Vol. 35, Aug., pp. 941-951.

Cohen, David. (1987). *The development of play.* London: Wm. C Brown

Conger, J.J. (1956). "Reinforcement theory and the dynamics of alcoholism." *Quarterly Journal of Studies on Alcohol.* pp. 196-305.

Crandall, R. (1980) "Motivations for leisure" in *Journal of leisure research* 12(1): 45-54.

Decharms, R. (1968). *Personal causation: The internal affective determinants of behavior* New York: Academic Press.

Deci, E. (1975). *Intrinsic motivation* New York: Plenum Press.

Desmond, E. (1987) "Out in the open" *Time*, Nov. 30.

Dubrin, A. (1972). *The practice of managerial psychology.* New York: Anchor Books, Anchor Press/Double Day.

Edwards, H.M., et al. (1975). *The incidence and prevalence of drug use among adults in Illinois.* Institute for Juvenile Research, Chicago.

Ellis, M. (1973). *Why people play.* Englewood Cliff N.J.: Prentice Hall Inc.

Feeney, D., and Silverman, M. (1981-82). "Paradox in alcoholism." *American journal of drug and alcohol abuse.* Vol. 8, No. 4. pp. 513-532.

Fidell, L. (1981). "Sex differences in psychotrophic drug use." *Professional psychology.* Vol. 12, No. 1. pp. 156-162.

Goodale, T.L. and Witt P.A. (1980). *Issues in an Era of Change.* State College: Venture Publishing Inc..

Goodwin, D.W. (1981). Family histories of male and female alcoholics, in R.E Meyer, T.F. Balbor, B.C. Gluelh, J.H. Jaffe, J.E. O'Brien, and J.E. Stabenan (eds) *Evaluation of the alcoholic:*

*implications for research, theory and treatment.*Research monograph No. 5, (DHSS publication no. (ADM) 81-1033) Washington, D.C., pp. 109-128.

Gomberg, E. (1981). "Women, sex roles and alcohol problems." *Professional psychology,* Vol. 12, No. 1, Feb. pp. 146-155.

Gomberg, E.S. (1976). "Alcoholism in women." in B. Kissin and H. Gegleiter (Eds.),*The biology of alcoholism.* Vol. 4, New York: Plenum Press.

Gruneau, R.S. (1980). "Freedom and constraint: The pardoxes of play, games and sport." *Journal of sport history.* p.7.

Hebb, D.O. (1958). *A textbook of psychology* Philadeophia: Suanders.

Harper, W. (1983). "The experience of leisure." *Leisure sciences.* Vol. 4, 113-125.

Hawks, D.V. (1980). "The meaning of 'treatment services for alcohol related problems' in developing countries" in G. Edwards, and M. Grant (eds.). *Alcoholism treatment in transition,* pp. 199-204. Baltimore: University Park Press.

Haavio-Mannila, E. (1971). "Satisfaction with family, work, leisure, and life among men and women." *Human relations* 24, pp. 585-601.

Hunt, J. (1961). *Intelligence and experience.* New York: The Ronald Press.

8(1965). *Nebraska symposium on motivation, Vol. 14.* Lincoln: University of Nebraska Press. pp. 189-282.

8(1969). *The challenge of incompetence and poverty.* Urbana Illinois: University of Illinois Press.

Hitzhuzen, G. (1979). "Recreation and leisure counseling for adult psychiatric and alcoholic patients."

Hertzberg, F. (1974). "Motivation-hygiene correlates of mental health: an examination of motivational inversion in a clinical population." *Journal of consulting and clinical psychology.* Vol. 42, No. 3, 411-419.

Huizinga, G. (1970). *Maslow's heirarchy in the work situation.* Gronigen: Wolter-Noordhoff Publishing.

Iso-ahola, S. (1980). *The social psychology of leisure and recreation.* Iowa: Wm. C. Brown.

Jackson, E. (1982). "Recreational activity preferences: Reasons for participating and the satisfaction of needs", report prepared for Alberta Recreation and Parks, Recreation Development Division.

Jellinek, E.M. (1960).*The disease concept of alcoholism.* New Haven, Conn.: College and University Press.

Johnston, M.E. (1976). *Men, women and drugs: The gender differences in the perception of and reaction to stress.* Paper presented at the annual meetings of the American Sociological Association.

Johnson, V. (1973). *I'll quit tomorrow.* New York: Harper and Row.

Kier, S. and Driver, B.L. (1980) "Physical activity in a healthy lifestyle." in P.O. Davidson and S.M.

Davidson *Behavioral medicine: Changing health lifestyles,* New York: Bruren/Mazel, p.p. 334-370.

Kelly, J. (1972). "Work and leisure: A simplified paradigm." *Journal of leisure research.* Vol. 4, pp. 50-62.

Knight, James (1980). "The family in the crisis of alcoholism." in Alcoholism: A practical treatment Guide, edited by S.E. Gitlow and H.S. Peysee. New York: Grune and Stratton, pp. 205-277.

Knott, D.H., Thomson, M.J., and Board, J.D. (1971). "The forgotten addict." *Am fam physician.* Vol. 3, pp. 92-95.

Koegler and Freeman, K. "Treatment of chronic alcoholism with psychotherapeutic recreation.", unpublished manuscript.

Low, K. (1977a). Prevention: Draft IV, manuscript. *The intoxicant option in perspective.* Calgary Board of Education.

Lisansky, E.S. (1957). "Alcoholism in women: Social and psychological concomitants: I. social history data." *Quarterly journal in the study of alcohol.* Vol. 18, pp. 588-623.

London, M. Candall, R. and Fitzgibbons, D. (1977). "The psychological structure of leisure: activities, needs, people." *Journal of leisure research,* 9, p.p. 252-263.

London, M. Crandall, R., Seals, G. (1977). "The contribution of job and leisure satisfaction to quality of life." *Applied psychology.* No. 3, pp. 328-334.

Low, K. (1977a). Prevention: Draft IV *The intoxicant option in perspective.* Calgary board of education, unpublished manuscript.

Low, K. (1976). *Changes: The intoxicant option in perspective.* Calgary, Alberta: Calgary Board of Education.

Maddi S.R. (1961). "Exploratory behavior and variation seeking in man" in D.W. Fiske and S.R. Maddi *Functions of varied experience* Homewood, Illinois: Dorsi Press

Maslow, A. (1954). *Motivation and personality.* New York: Harper.

Mehrabian, A. (1976). *Public places and private spaces: the psychology of work, play and living environments* New York: Basic Books, Inc..

Mehrabian, A. and Bank, L. (1975) *A manual for the mehrabian measure of achieving tendency.* University of California, L.A.: A Mehrabian.

McClelland, David, William, David, Rudolph, Kalin and Eric Wanner. (1972). *The drinking man.* New York: Free Press.

McCord, W. and McCord, J. (1962). "A longitudinal study of the personality of alcoholics." in D.J. Pittman and C.R. Snyder (Eds.) *Society culture and drinking patterns.* New York: Wiley.

McKechnie, G.E. (1974). The psychological structure of leisure: Past behavior. *Journal of leisure research.* Vol. 6, No. 1, pp. 26-45.

McLuhan, M. (1964). "Games." in *Understanding media* New York: McGraw-Hill.

Morgan, R.E., Wilson, W.M., and Helm, S.T. (1970). "Personality subtypes of male and female alcoholic patients." *Int. J. addict.* Vol. 5, pp. 99-113.

Navar, N., and Nordoff, J. (1975). "Recreation as a change agent for the alcoholic." *Journal of physical education and recreation.* Vol. 46, No. 5, May.

Neulinger, J. (1974). *The psychology of leisure: Research approaches to the study of leisure.* Springfield Illinois: Charles C. Thomas.

Neulinger, J., Breit, M. (1969). "Attitude dimension of Leisure." *Journal of leisure research* 1(3): 255-261, (1971) "A replication study." *Journal of leisure research* Vol. 3, No. 2, pp. 108-115.

Neulinger, J., and Raps, C. (1972). "Leisure attitude of an intellectual elite." *Journal of leisure research.* Vol. 4, pp. 196-207.

Parry, H.J., Balter, M.B., and Cisn, I.H. (1971). "Primary levels of underreporting psychotropic drug use." *Public opinion quarterly.* 34:582-592.

Peters, J. (1958). *The concept of motivation.* New York: Humanities Press.

Peterson, C. Gunn, S. (1984). *Therapeutic recreation program design: principles and procedures* Englewood Cliffs: Prentice Hall Inc..

Ragheb, M. (1980). "Interrelationships among leisure participation, leisure satisfaction and leisure attitudes." *Journal of leisure research.* Vol. 12, No. 2.

Ragheb, M. and Beard, J. in S. Isoahola, (Eds.). (1980). *Social psychology perspective on leisure and recreation.* Springfield, Ill.: Charles C. Thomas.

Ratcliffe, W.D. (1977). *Literature review and outline for a health oriented alcohol control policy in alberta.* Manuscript, Edmonton, Alberta.

Ratcliffe, W.D. (1978). *Intoxicant abuse: Towards a preventative Theory.* A.A.D.A.C.

Rathod, N.A., Thomson, I.G. (1971). "Women alcoholics: A clinical study." *QJ Stud Alc.* Vol. 32, pp. 45-52.

Ritchie, J.R. (1975). "On the deprivation of leisure activity types: A perceptual mapping approach." *Journal of leisure research.* Vol. 7, pp. 128-140.

Robins, L.N., Bates, W.M. and Neak, P. (1962). "Adult drinking patterns of former problem children." in D.J. Pittman and C.R. Snyder (Eds.). *Society, culture, and drinking patterns.* New York: John Wiley and Son.

Tahlka, V. (1966). *The alcoholic personality.* Helsinki: Finnish Foundation for Alcohol Studies.

Tamerin, J.S., and Mendeson, J.H. (1969). "The psychodynamics of chronic inebriation: observations of alcoholics during the process of drinking in an experimental group setting." *American journal of psychiatry.* Vol. 22, pp. 52-68.

Tatarkiewicz, W. (1976). "Analysis of happiness." *The polish scientific.* Warzawa, Martinus: Nijhoff/The Hague Pwn.

Seligman, M. (1975). *Helplesness: On depression, development, and death.* San Francisco: Freeman Co.

Sessoms, HJ. and Oakley, S.R. (1969). "Recreation leisure and the alcoholic." *JLR.* Vol. 1, No. 1, pp. 21-31.

Scida, J. and Vannicelli, M. (1979). "Sex role conflict and women's drinking." *Journal of studies on alcohol.* Vol. 40, pp. 28-44.

Sheridan, P. (1976). "Therapeutic recreation and the alcoholic." *Therapeutic rec. journal.* Vol. 10, No. 1, p.p. 101-123.

Smolensky, W.R., Martin, D.W., Lorimor, R.J., and Fortnofer, R.N. (1980). "Leisure and non-alcoholics." *Journal of studies on alcohol,* Vol. 41, No. 3.

Stein, K.B., Rozynko, V., and Pugh, L.A. (1971). "The heterogeneity of personality among alcoholics." *Br. J. Soc. Clin. Psychol.* Vol. 10, No. 3, pp. 253-259.

Vroom, V.H. (1964). *Work and motivation.* New York: John Wiley & Sons.

Wall, J.H. (1937). "A study of alcoholism in women." *American journal of psychiatry.* Vol. 93, pp. 943-952.

Wallace, J. (1979). "Alcoholism from the inside out." In *Alcoholism: Development, consequences, and interventions.* edited by N. Estes and E. Heinemann. St. Louis: C.V. Mosby;

Wallace, J. (1977). *Tactical and strategic use of the preferred defense structure of the alcoholic.* New York: National Council on Alcoholism, 1974 (Pamphlet _____. "Alcoholism from the Inside out" in *Alcoholism: Development, consequences, and interventions.* edited by N. Estes and E. Heinemann. St. Louis: C.V. Mosby.

Winokur, G., Clayton, P.J. (1968). "Family history studies IV: Comparison of male and female alcohlics: A clinical study." *Quarterly Journal of the study of alcohol.* Vol. 29, p.p. 885-889.

Wilsnack, S.C. (1976). "The impact of sex roles and women's alcohol use and abuse." In M. Greenblat and M. Schucit (Eds.). *Alcoholism problems in women and children.* New York: Grune and Statton.

White. (1959). "Motivation reconsidered: The concept of competence" *Psychological review 66, p.p. 313-324.*

WHO, Expert Committee. (1980). "Problems related to alcohol consumption." Technical report series. No. 650, Geneva: WHO.

Yukl, G.A. and Wexley, K. (1971). *Readings in organizational and industrial psychology.* New York: Oxford Press.

Zimberg, S., Wallace, J., Blume, S. (1985). *Practical approaches to alcoholism psychotherapy.* New York: Plenum Press.

Young, P. (1961). *Motivation and emotion: A survey of the determinants of human and animal activity.* New York: John Wiley & Sons Inc.

APPENDIX A

HENWOOD

RECREATION THERAPY PROGRAM DESCRIPTION

Preamble

In all societies people seek and enjoy having a certain amount of discretionary time. During this time individuals restore their energy and productive potential through undertakings which are voluntary, enjoyable and revitalizing (physically, mentally and spiritually). Healthy individuals choose to become involved in rewarding and fulfilling leisure/recreation activities in order to achieve a balanced lifestyle. Discretionary time becomes very important in this process as people have control over it and its outcomes.

People achieve different degrees of balance in their lifestyle according to variables such as interest, resourcefulness, family situation, employment status, geographical location, etc. Among other identifiable groups, people who develop addictions appear to be lacking in this area. The following paragraphs will briefly examine this group from a leisure/recreation perspective.

There are many reasons as to why people use mood altering drugs. When a dependency process starts, the quality of their life deteriorates.

Despite whatever original reasons prompted the abusive use of mood altering drugs, the general areas which are negatively affected are psychological, social and physical.

A common casualty in this process is the loss of balance in people's lifestyle and a loss of control over their spare time. Instead of getting recharged and deriving enjoyment from their spare time, they spend it accumulating and compounding problems. By the time they seek help, addicted people experience deficiencies in the area of recreation and leisure skills, attitudes and behavior (having not practiced them for a while or lacking them since before the addiction developed).

Henwood's residential treatment program for people with addictions includes a recreation therapy program which addresses the specific needs displayed by the clientele in this area.

Aside from enabling clients to acquire and/or apply skills, knowledge and attitudes pertaining to the recreation/leisure area, a recreation program contributes to the efficiency and effectiveness of the overall treatment program. The very nature of recreational and leisure activities provide clients with an ideal vehicle to work on some of the original causes of their addiction, to set their own pace, to build self confidence in a very non-threatening way, to feel good about themselves (self esteem) and to give them a sense of being in control of their lives.

Resources previously taken up by the addiction (time, energy and probably money) can be rechanneled to constructive use, a use that adds to clients' quality of life, a use that makes their sobriety an enjoyable and rewarding experience.

HENWOOD RECREATION THERAPY PROGRAM

Statement of Purpose:

To provide recreation and leisure services which enable residents to acquire and/or apply skills and knowledge which promote a healthy lifestyle that precludes the use of drugs.

Objectives

1. To facilitate client understanding of leisure, recreation and lifestyle in maintaining sobriety.
2. To provide clients with a wide range of opportunities to experience the benefits of participating in regular recreation and leisure activities.
3. To assist clients in developing future plans for recreation and leisure activities conducive to a sober lifestyle.

Recreation Participation Goals:

1. To provide opportunities for regular client involvement in leisure and recreation activities.
2. To provide opportunities for clients to experience enjoyment and contentment without the use of mood altering drugs.
3. To provide clients with opportunities for confidence building through leisure and recreation activities.
4. To provide clients with opportunities to complement and support achievement of other treatment goals.
5. To enhance the interdisciplinary approach of the residential treatment program.
6. To provide clients with a non-threatening environment for the integration of diverse physical, mental, social and emotional skills.
7. To promote interest and improvement in client condition of health and fitness.
8. To provide clients with opportunities for social interaction.

9. To provide clients with opportunities for creative and self directed leisure involvement.

10. To facilitate client self expression in leisure and recreation.

11. To facilitate client participation in previously acquired leisure skills.

Leisure Education Goals:

1. To develop client awareness of leisure and its significance in maintaining sobriety.

2. To develop client self awareness related to play and leisure.

3. To provide clients with opportunities to explore personal leisure attitudes and values.

4. To provide clients with opportunities to develop leisure problem-solving abilities.

5. To provide clients with opportunities to acquire knowledge of leisure resources and their uses.

6. To provide clients with opportunities to develop awareness of community recreation programs.

7. To provide clients with opportunities to expand knowledge of leisure opportunities.

8. To stimulate self directed leisure behavior for clients.

9. To assist clients in the development of a personal leisure philosophy.

10. To develop, maintain or improve social and interactional skills of the clients.

11. To provide clients with opportunities to acquire new leisure skills.

12. To provide clients with exposure to new leisure skill areas.

13. To provide clients with opportunities to develop advanced levels of skill in the leisure area.

14. To provide clients with opportunities to develop plans for future leisure endeavors as an alternative to prior use of drugs.

Therapeutic Goals:

1. To improve physical fitness levels of the clients.
2. To increase clients' physical functioning levels.
3. To maintain current levels of physical functioning of the clients.
4. To increase cognitive functioning of the clients.
5. To stimulate cognitive development of the clients.
6. To improve social and interactional skills of the clients.
7. To facilitate client's self expression.
8. To facilitate appropriate expression of emotion by the clients.
9. To assist clients in adjusting to a condition of limited physical ability.
10. To decrease atypical client behaviors or mannerisms.
11. To increase client independence and ability to make decisions.
12. To increase client awareness of personal feelings.

Population Description

Henwood clients are people who experience problems associated with the abusive use of drugs. They are males and females coming from all walks of life. The minimum age is 14 and the maximum is open ended. Most clients come from the 20 and up age group. Client sex ratio is approximately 80% males and 20% females. Usually there are 76 clients in treatment at any given time. In order to be accepted for treatment, potential clients must be willing to deal with their addiction problem and be able to take part in the entire program. The intensive nature of the treatment program and its strict focus on addictions puts some restrictions on the type of clients accepted. People who are psychotic, suicidal, have organic brain damage, experience severe withdrawal symptoms, are unable to function on their own or have less than five days sobriety would not be considered appropriate for the type of treatment provided at Henwood.

The duration of treatment is three weeks followed by an optional follow up week at a later date. Also, family members or significant others may attend the last two weeks of treatment or the follow up program. For the most part of a year, there are two concomitant "teams" of clients overlapping at a different stage of treatment.

Recreation Staff

There are two professional Recreation Therapists: one recreation therapist and one recreation therapy supervisor. Both of them are required to have a B. P. E. or B. A. in Rec. Admin. and be able to deliver all components of the Recreation Therapy Program.

Recreation Program Components

Informational components consist of: (1) a Recreation Orientation session, (2) a Recreation Lecture, (3) a Tension Lecture, (4) a Leisure Education session, and (5) Individual Leisure Counselling. This last component is provided to individual clients upon referral from Addiction Counsellors, client request or as perceived necessary by the R. T.'s.

Personal fitness level appraisal and fitness counselling is provided upon client request. Practical recreation activities are provided daily for at least one hour a day during the scheduled recreation component of the program. This one hour of scheduled recreation is between 10:00 a.m. and 11:00 a.m. and attendance is compulsory. At this time clients have a choice as to what they attend: indoor or outdoor team sports (volleyball, basketball, floor hockey, softball, etc.), arts and crafts (15 - 20 hobbies) or yoga. Throughout the day, clients have some periods of leisure time when they have access to all recreational facilities and equipment. Their attendance at these times is voluntary. Some of these optional activities are structured (arts and crafts, 10 - 12 tournaments, exhibition or challenge games), others are unstructured but provided for in terms of equipment and facilities.

Components Description

During the Recreation Therapy Orientation clients are given information regarding Henwood's Recreation program. This information describes the duties of the recreation staff, recreation schedule, recreational facilities, equipment, activities available and their nature, safety rules, behavioral expectations, administrative duties and basic policies.

The Recreation Lecture discusses the balance between leisure and work in peoples lives, the relationships between one's life components and an addiction, role of recreation/leisure time in one's life, an analysis of what people do with their time, the definition of recreation/leisure, examines how people fulfill their needs, the role of addictions as perceived by clients, relationships between addiction and other sources used to fulfill human needs, and examines recreation/leisure as a vehicle to fulfill some of people's needs. This lecture is provided during the first day of the treatment program.

The Tension Lecture defines what tension is, and discusses healthy and unhealthy ways of dealing with tension. This lecture is provided during the second week of the program on Thursday.

The Leisure Education session covers the following structure:

a) brief review of the main points made during the recreation lecture.

b) discuss and examine the reasons people consume mood altering drugs

c) examine how recreation/leisure may be used to enhance and reinforce sobriety

d) identify the common barriers which prevent clients from using their spare time constructively and attempt to find solutions to these barriers.

e) self directed planning for clients leisure time for after leaving Henwood.

Clients are advised to seek assistance from the recreation staff if they need it, and, when finished planning, to discuss it with their individual counsellor. This session takes place four days prior to the end of the treatment program.

Leisure Counselling is provided to clients by appointment. These individual or small group sessions are meant to assist clients in identifying and clarifying their leisure attitudes. interests, skills and limitations. Specific solutions to specific problems are examined and discussed vis a vis individual treatment goals. Clients are guided and encouraged to take an active role in this process as it is they who have to follow through with the solutions.

Those clients who are interested in their physical fitness levels are provided with fitness appraisals (pre-test screening, anthropometry, aerobic fitness, muscular strength, flexibility and muscular endurance) and fitness counselling. The results of the tests are interpreted according to Canadian Standardized Test of Fitness guidelines.

Aside from the organized, structured recreation activities mentioned earlier, clients are provided with opportunities to be involved in a wide variety of optional leisure endeavors during their spare time. This wide variety includes indoor and outdoor activities according to the season, physically active, passive and individual or team oriented sports. In some instances the rules of some games are modified in order to maximize participant enjoyment. This part of the Recreation Program is aimed at clients experiencing the benefits of participating in recreation/leisure activities and constitutes the largest segment of the program. The following is a list of recreation/leisure activities provided for clients: volleyball, basketball, floor hockey, soccer, polo (variation of floor hockey), softball, football, boxing, weight lifting, ping-pong, badminton, modified racquetball and squash, ergometer bicycles, horseshoes, frizbee, lawn darts, golf, bicycle riding, power walking program, cross country skiing, snowshoeing, pool, shuffleboard, cribbage, chess, backgammon, scrabble, bridge, music listening, reading, relaxation therapy, bingo, T.V., guitar playing. For arts and crafts program information see the attached description.

Recreation Facility Description

Outdoors: Softball diamond, volleyball court, two sets of horseshoe pits, a nine hole golf course, bicycle riding, large lawn grounds and paved roadways.

Indoors: Large gymnasium accommodating two volleyball courts, two badminton courts, a weight lifting area, boxing, ping-pong table, floor hockey, polo, mini soccer. Other indoor facilities are a sauna, showers, a day room with a pool table, T. V., passive games, books, a client lounge with shuffleboard, stereo, piano, newspaper and magazines.

For arts and crafts program information see attached description.

GA/jdp

ARTS AND CRAFTS PROGRAM DESCRIPTION

PURPOSE

To provide individuals with a variety of creative leisure activities for the acquisition of knowledge and skills necessary for the continuation of creative leisure activities upon program completion.

GOALS

1) To encourage self-directed leisure behavior.
2) To provide opportunities for creative leisure involvement.
3) To expand the individual's knowledge of community creative leisure resources and services.
4) To provide opportunities for the reinforcement of the treatment program.
5) To ensure administrative efficiency.

PROGRAM DESCRIPTION

The Arts and Crafts room is open from 10:00 - 11:00 a.m. and 1:00 - 2:30 p.m. Attendance between 10:00 and 11:00 a.m. is compulsory, however, clients may choose between the gym, yoga or arts and crafts. The time between 1:00 and 2:30 p.m. is optional. Individuals may sign out tools and materials if they want to work on a project when the room is closed.

The activities provided at present are: ceramics, leatherwork, macrame, copper tooling, lapidary, drawing, painting, pottery, weaving, calligraphy, beadwork, dried flower arranging, knitting, mirror etching, sewing, decoupage, wood and soap stone carving.

Individuals choose their own activities and are encouraged to try a variety of activities. Instruction is provided both individually and in small groups.

The program is operated on a cost recovery basis for non-capital materials. Individuals pay cost price for their materials. This income is used to replenish supplies on an ongoing basis. If an individual cannot afford to pay for materials, they are provided free of charge.

FACILITY DESCRIPTION

The Arts and Crafts Room is located in Henwood's basement and consists of two adjacent rooms linked by a door and two large windows. Clients may choose from the 18 different crafts mentioned above. The seating capacity is 26.

The Arts and Crafts area has a considerable amount of cupboards and shelves used for displays and storage.

A Kiln room with Kiln and ceramics storage shelves is located in Henwood's basement, also for the Arts and Crafts program.

Equipment/Tools

The following are the main pieces of equipment and tools used by the Arts and Crafts Program:

> Kiln, leather tools, pottery wheel, lapidary saw, grinder and polisher, band saw, jigsaw, hand saw, power drill, hand saw, power sander, chisels, hammers, plyers, screwdrivers, hot plastic glue gun, sewing machine, looms for braidwork, vise, tools for copper tooling, pottery tools, spatulas and brushes for art work.

SELECTION CRITERIA FOR ARTS AND CRAFTS ACTIVITIES

1) An individual can continue the activity after leaving Henwood.

2) Materials should be inexpensive (ie. less than $10.00). Activities should not require equipment that would be too expensive for most people to purchase.

3) Each activity will be easy enough to allow success (ie. completion) by most.

4) Each activity can be completed within a three-week period.

5) Each activity will provide challenge and variety as a person's skill level improves.

6) The activities will require a minimum of instruction to get a participant started.

7) The activities will fit into staff and facility limitations.

8) The quality of the activities is considered to be more important than the number of activities offered. Quality in this context is considered to be the ability of the activity to meet the program goals and objectives and to meet the needs of the individual participants.

Greg Ani
Supervisor
Recreation Therapy Program

Date Approved: Pieter de Groot

Dec 18, 1986
Director - Henwood

GA/ms
jdp

APPENDIX B

The print quality of Appendix B is inadequate for the purposes of microfiching. Appendix B, in all other copies of the thesis, contains the following questionnaires: "Study on Lifestyle, Recreation, and Leisure" (Dickoff, 1985), portions of the "Public Opinion Survey on Recreation" (Alberta Recreation and Parks, 1984), as well as the Leisure Motivations section of a similar questionnaire (Burton, 1984).

APPENDIX C

STUDY ON LIFESTYLE/RECREATION/LEISURE FOR FORMER HENWOOD CLIENTS WHO RETURN FOR THE "FOLLOW-UP PROGRAM HENWOOD 1986

All the previous mistakes (Male or Female and typing errors) have been corrected.

The following are the steps in administering the study:

1. This study is only for those follow-up clients who have been through Henwood's three week program and not for the accompanying significant others.
2. The answers to this study must be completely annonymous so do not enter your names on them.
3. It is important for us to have you fill in this questionnaire so we can measure the impact of our program and, hopefully, improve the treatment we offer.
4. Every former client take one of these booklets and a pencil, go to the cafeteria, grab a coffee, sit down, smoke and fill in the questionnaire.
5. When finished, return the booklet and the pencil to me.
6. Should you have any questions, feel free to ask for help.

Thank you very much

Greg Ani
Recreation Therapist
Henwood March 14, 1986